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A COMPLETE REPORT

REGIONAL NUTRITION DEMONSTRATION

CONDUCTED WITH FAMILIES IN  
LOW-COST HOUSING PROJECTS

AUSTIN, TEXAS

SUMMER 1943

Prepared by

Mrs. Margaret B. Land  
Mrs. Isabel W. Cromack  
Specialists on the Project

Typed and Compiled in the Regional Office  
by

Nutrition Division  
Nutrition and Food Conservation Branch  
Food Distribution Administration  
Dallas, Texas

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1. The first part of the document is a list of names and addresses of the members of the committee. The names are listed in alphabetical order, and the addresses are given in full. The list is as follows:

Mr. J. H. Smith, 123 Main St., New York, N. Y.  
Mr. J. D. Jones, 456 Elm St., New York, N. Y.  
Mr. W. E. Brown, 789 Oak St., New York, N. Y.  
Mr. R. L. Green, 101 Pine St., New York, N. Y.  
Mr. S. K. White, 202 Cedar St., New York, N. Y.  
Mr. T. M. Black, 303 Maple St., New York, N. Y.  
Mr. U. N. Gray, 404 Birch St., New York, N. Y.  
Mr. V. P. Hall, 505 Spruce St., New York, N. Y.  
Mr. W. Q. King, 606 Fir St., New York, N. Y.  
Mr. X. R. Lee, 707 Ash St., New York, N. Y.  
Mr. Y. S. Clark, 808 Hickory St., New York, N. Y.  
Mr. Z. T. Adams, 909 Walnut St., New York, N. Y.  
Mr. A. B. Baker, 1010 Chestnut St., New York, N. Y.  
Mr. C. D. Evans, 1111 Mulberry St., New York, N. Y.  
Mr. F. G. Hill, 1212 Locust St., New York, N. Y.  
Mr. H. I. Young, 1313 Olive St., New York, N. Y.  
Mr. J. K. Scott, 1414 Poplar St., New York, N. Y.  
Mr. L. M. Green, 1515 Elm St., New York, N. Y.  
Mr. N. O. White, 1616 Oak St., New York, N. Y.  
Mr. P. Q. Black, 1717 Pine St., New York, N. Y.  
Mr. R. S. Gray, 1818 Cedar St., New York, N. Y.  
Mr. T. U. Hall, 1919 Maple St., New York, N. Y.  
Mr. V. W. King, 2020 Birch St., New York, N. Y.  
Mr. X. Y. Lee, 2121 Spruce St., New York, N. Y.  
Mr. Z. A. Clark, 2222 Fir St., New York, N. Y.  
Mr. A. B. Adams, 2323 Ash St., New York, N. Y.  
Mr. C. D. Baker, 2424 Hickory St., New York, N. Y.  
Mr. E. F. Evans, 2525 Walnut St., New York, N. Y.  
Mr. G. H. Hill, 2626 Chestnut St., New York, N. Y.  
Mr. I. J. Young, 2727 Mulberry St., New York, N. Y.  
Mr. K. L. Scott, 2828 Locust St., New York, N. Y.  
Mr. M. N. Green, 2929 Poplar St., New York, N. Y.  
Mr. O. P. White, 3030 Olive St., New York, N. Y.  
Mr. Q. R. Black, 3131 Elm St., New York, N. Y.  
Mr. S. T. Gray, 3232 Oak St., New York, N. Y.  
Mr. U. V. Hall, 3333 Pine St., New York, N. Y.  
Mr. W. X. King, 3434 Cedar St., New York, N. Y.  
Mr. Y. Z. Lee, 3535 Maple St., New York, N. Y.  
Mr. A. B. Clark, 3636 Birch St., New York, N. Y.  
Mr. C. D. Adams, 3737 Spruce St., New York, N. Y.  
Mr. E. F. Baker, 3838 Fir St., New York, N. Y.  
Mr. G. H. Evans, 3939 Ash St., New York, N. Y.  
Mr. I. J. Hill, 4040 Hickory St., New York, N. Y.  
Mr. K. L. Young, 4141 Walnut St., New York, N. Y.  
Mr. M. N. Scott, 4242 Chestnut St., New York, N. Y.  
Mr. O. P. Green, 4343 Mulberry St., New York, N. Y.  
Mr. Q. R. White, 4444 Locust St., New York, N. Y.  
Mr. S. T. Black, 4545 Poplar St., New York, N. Y.  
Mr. U. V. Gray, 4646 Olive St., New York, N. Y.  
Mr. W. X. Hall, 4747 Elm St., New York, N. Y.  
Mr. Y. Z. King, 4848 Oak St., New York, N. Y.  
Mr. A. B. Lee, 4949 Pine St., New York, N. Y.  
Mr. C. D. Clark, 5050 Cedar St., New York, N. Y.  
Mr. E. F. Adams, 5151 Maple St., New York, N. Y.  
Mr. G. H. Baker, 5252 Birch St., New York, N. Y.  
Mr. I. J. Evans, 5353 Spruce St., New York, N. Y.  
Mr. K. L. Hill, 5454 Fir St., New York, N. Y.  
Mr. M. N. Young, 5555 Ash St., New York, N. Y.  
Mr. O. P. Scott, 5656 Hickory St., New York, N. Y.  
Mr. Q. R. Green, 5757 Walnut St., New York, N. Y.  
Mr. S. T. White, 5858 Chestnut St., New York, N. Y.  
Mr. U. V. Black, 5959 Mulberry St., New York, N. Y.  
Mr. W. X. Gray, 6060 Locust St., New York, N. Y.  
Mr. Y. Z. Hall, 6161 Poplar St., New York, N. Y.  
Mr. A. B. King, 6262 Olive St., New York, N. Y.  
Mr. C. D. Lee, 6363 Elm St., New York, N. Y.  
Mr. E. F. Clark, 6464 Oak St., New York, N. Y.  
Mr. G. H. Adams, 6565 Pine St., New York, N. Y.  
Mr. I. J. Baker, 6666 Cedar St., New York, N. Y.  
Mr. K. L. Evans, 6767 Maple St., New York, N. Y.  
Mr. M. N. Hill, 6868 Birch St., New York, N. Y.  
Mr. O. P. Young, 6969 Spruce St., New York, N. Y.  
Mr. Q. R. Scott, 7070 Fir St., New York, N. Y.  
Mr. S. T. Green, 7171 Ash St., New York, N. Y.  
Mr. U. V. White, 7272 Hickory St., New York, N. Y.  
Mr. W. X. Black, 7373 Walnut St., New York, N. Y.  
Mr. Y. Z. Gray, 7474 Chestnut St., New York, N. Y.  
Mr. A. B. Hall, 7575 Mulberry St., New York, N. Y.  
Mr. C. D. King, 7676 Locust St., New York, N. Y.  
Mr. E. F. Lee, 7777 Poplar St., New York, N. Y.  
Mr. G. H. Clark, 7878 Olive St., New York, N. Y.  
Mr. I. J. Adams, 7979 Elm St., New York, N. Y.  
Mr. K. L. Baker, 8080 Oak St., New York, N. Y.  
Mr. M. N. Evans, 8181 Pine St., New York, N. Y.  
Mr. O. P. Hill, 8282 Cedar St., New York, N. Y.  
Mr. Q. R. Young, 8383 Maple St., New York, N. Y.  
Mr. S. T. Scott, 8484 Birch St., New York, N. Y.  
Mr. U. V. Green, 8585 Spruce St., New York, N. Y.  
Mr. W. X. White, 8686 Fir St., New York, N. Y.  
Mr. Y. Z. Black, 8787 Ash St., New York, N. Y.  
Mr. A. B. Gray, 8888 Hickory St., New York, N. Y.  
Mr. C. D. Hall, 8989 Walnut St., New York, N. Y.  
Mr. E. F. King, 9090 Chestnut St., New York, N. Y.  
Mr. G. H. Lee, 9191 Mulberry St., New York, N. Y.  
Mr. I. J. Clark, 9292 Locust St., New York, N. Y.  
Mr. K. L. Adams, 9393 Poplar St., New York, N. Y.  
Mr. M. N. Baker, 9494 Olive St., New York, N. Y.  
Mr. O. P. Evans, 9595 Elm St., New York, N. Y.  
Mr. Q. R. Hill, 9696 Oak St., New York, N. Y.  
Mr. S. T. Young, 9797 Pine St., New York, N. Y.  
Mr. U. V. Scott, 9898 Cedar St., New York, N. Y.  
Mr. W. X. Green, 9999 Maple St., New York, N. Y.  
Mr. Y. Z. White, 10000 Birch St., New York, N. Y.

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# DEMONSTRATION PROGRAM IN NUTRITION FOR FAMILIES LIVING IN LOW COST HOUSING PROJECTS

## REPORT IN BRIEF

During the fall of 1942 the State Nutrition Committees comprising Region X of the Office of Defense Health and Welfare Services, namely Louisiana, Texas and New Mexico, were informed in accordance with directions from the Division of Nutrition that an allocation was available for a Regional Nutrition Demonstration Project having "pattern value as a guide" for future programs. With the provision that Latin-American and Negro families be included in the demonstration the committees of Louisiana and New Mexico gave approval for the project to be located in Texas.

The Research and Nutrition Problems Committee of the Texas State Nutrition Committee prepared and presented to the Regional Nutritionist a plan for the project. The Regional Nutritionist, in turn, submitted a project outline to the Division of Nutrition. This committee was instrumental in securing permission from the local Public Housing Authority in Austin to conduct the project with the families living in the three low-cost housing projects - Chalmers (Anglo-American); Santa Rita (Latin-American); and Rosewood (Negro).

The facilities of the kitchens in the recreation centers in each housing project were made available throughout the period of the Demonstration, in accordance with a schedule made in cooperation with the Tenant Relations Councilor of the Local Housing Authority.

Two Home Economist homemakers living in Austin, Mrs. Margaret B. Land and Mrs. Isabel Cromack, were employed by the Division of Nutrition on temporary appointments as senior and junior specialists respectively. Both Mrs. Land and Mrs. Cromack had had training and previous experience in teaching adult groups. Because of Mrs. Cromack's familiarity with the language of the Mexican





people, she had charge of the program at Santa Rita Courts, while Mrs. Cromack assumed these responsibilities at the Chalmers and Rosewood Courts. Much of the success of the demonstration is due to the desire of these two workers to base the program on the food problems of these low-income people and the understanding manner in which they guided the homemakers in solving these problems. One homemaker living on each project was employed as a part-time helper. Her duties consisted of assisting in the preparing for and cleaning up after the demonstration. Dr. Jet Winters, Chairman of the Research and Nutrition Problems Committee and Home Economist for the University of Texas in Austin, gave her services as a consultant. The Regional Nutritionist supervised the demonstration through correspondence with the specialists and semi-monthly visits to the demonstration.

The objectives of the program as stated in the submitted plan were:

1. To interest the families living in the projects in good nutrition for the family group.
2. To develop and carry out nutrition programs suitable for three different cultural groups.
3. To test the effectiveness of procedures used by a careful check-up of the extent to which home practices have been affected.
4. To present procedures and results of the projects in such a form that they could be used as a guide in similar projects in Low-Cost Housing Projects.

As the program developed it was checked against these objectives. However, adaptations were made as new avenues of approach and opportunities to give service to the homemakers in improving the nutrition of the families presented themselves.





Upon appointment the specialists sought information on the adult program previously conducted in the Santa Rita Court and the one presently conducted in the Rosewood Court. A study of the diets and nutritional status of certain homemakers living in the courts and made in 1941 and 1942 by the University of Texas was reviewed.

During the course of the program the specialists in charge contacted, either in person or through correspondence, personnel of interested agencies and organizations to seek advice, assistance and materials. These contacts included:

1. Home Economics and Visual Education Departments of the University of Texas
2. Local workers in the Farm Security Administration, the Ration Board, Housing Authority, Homemaking and Sociological Departments of the Public School, the Latin-American Center, State and local Health Departments and Extension Service, and several departments in Mexico.

In brief the program consisted of organizing a WOMEN ON THE FOOD FRONT CLUB at each of the three projects and holding a series of twelve weekly club meetings at each project. At the meetings food was prepared and served; nutritive value, food combinations, cost, and point value were discussed. Folders were provided for the collection of menu and recipe sheets which were distributed at each of the demonstrations. Exhibits and illustrative materials were used as teaching devices. Additional meetings were held to help women with food preparation, marketing and canning. Home visits were used as means of arousing interest in the program, becoming acquainted with the people, winning their confidence, learning their needs and interests, giving opportunity for consultation, and finding out <sup>to</sup> what extent the information given was used.



of the demonstrated dishes; graphic charts comparing food values with food needs; dramatic techniques such as dropping nickles into a bottle to show amount spent for snacks in a month; and interpreting charts showing nutritional deficiencies.

The specialists observed evidences supporting the interests of the homemakers in the program. The women treasured the folders of recipes and menus and because they had confidence in the recipes they requested extra copies for relatives and friends. The women made sincere efforts to serve more milk and vitamin C rich foods to children; to become conscious of correct temperature for meat cookery and proper methods of vegetable cookery; and to plan meals, make market orders and take advantage of week-end specials in larger stores.

To persons conducting similar programs the two home economists in charge of the demonstration project recommend:

1. Short time concentrated programs based on specific problems of the group in which the preparation of food is combined with nutrition lectures.
2. Ample time be allowed for home visits as they are a successful means of interesting the people in the program; of learning and suggesting solutions to their problems; and of checking the carry-over of specific demonstrations and the program as a whole.
3. Specific plans be made for the care of children of Mothers attending the meetings.
4. Ample time be provided for the preparation of specific illustrative material, as commercial materials not often applicable.
5. Educational films are useful in making other members of families and other families of the community interested in the basic facts of nutrition.



One evening meeting featuring a nutrition film and open to everyone was held at each project. The bulletin "Nutritious Meals Using Low-Cost Recipes" (see appendix) was distributed to all of the families living on the projects.

Twenty-five homemakers from Chalmers, twenty-four from Santa Rita, and forty-two from Rosewood participated as members of the WOMEN ON THE FOOD FRONT CLUB.

Daily diaries of the specialists, attendance records, informal reporting on home preparation of demonstrated dishes, conversations during home visits, and check lists were used to ascertain the effectiveness of the work.

Expressions such as these indicate that the homemakers actually adopted improved practices:

"I like these demonstrations because the foods you use are the foods we have or can get."

"Now I buy less expensive meats since you showed me how to use them."

"I plan my meals now."

"It is easier for me to decide what to cook now."

"I am giving the children more milk."

"I don't worry about not having oranges since I know tomatoes can be used."

"The kids don't buy things in the afternoon now that I make different kinds of cookies for them."

"I am beginning to know the things I can do without and other things I ought to buy with my money."

The techniques and devices used most successfully included the organization of the women into clubs; the having of mimeographed sheets of recipes and menus with folders to hold them; exhibits of the actual dishes in the meals for a day, comparative food values and food costs; the serving of portions



As an outgrowth of this nutrition demonstration program Mrs. Cromack has been employed through the Austin Public Schools to continue adult classes in the Santa Rita Court and to work on similar programs in the Latin-American Center with other Mexican families. The Regional Nutritionist has been informed that a Home Economist is being recommended to continue with an adult program at the Chalmers Court.







DEMONSTRATION PROGRAM IN NUTRITION FOR FAMILIES IN LOW-COST HOUSING  
PROJECTS.

SECTION I

INTRODUCTION

This program was one of the regional projects approved by the Division of Nutrition of the Office of Defense Health and Welfare Services, Federal Security Agency. The Division of Nutrition was later transferred to the Food Distribution Administration, United States Department of Agriculture, as a division of the Nutrition and Food Conservation Branch and the program was continued under its supervision. The project was suggested by the Research Committee of the Texas State Nutrition Committee and was submitted to the Regional Nutritionist who presented it to the Division of Nutrition after ascertaining that it met the approval of other State Nutrition Committees of Region X.

The plan provided for nutrition programs for three cultural groups, Anglo-American, Latin-American and Negro. The demonstration program was carried out with the cooperation of the Austin Housing Authority at the three low-cost housing projects in Austin, Texas in the spring and summer of 1943 with Mrs. Margaret B. Land as director and Mrs. Isabel W. Cromack as co-director. The program was<sup>at</sup> all times under the supervision of Miss Hazel Bratley, Regional Nutritionist, Nutrition and Food Conservation Branch, Food Distribution Administration. The chairman of the sub-committee on Research of the Texas State Nutrition Committee, Dr. Jet C. Winters, professor of Home Economics, University of Texas, served as director.



Objectives of Program. The following objectives were stated in the approved plan:

- (1) To interest the families living in the projects in good nutrition for the family group.
- (2) To develop and carry out nutrition programs suitable for three different cultural groups.
- (3) To test the effectiveness of procedures used by a careful check-up of the extent to which home practices have been affected.
- (4) To present procedures and results of the projects in such a form that they could be used as a guide in similar projects in Low-Cost Housing Projects.

Brief Summary of the Original Plans. The plan which was presented to the Division of Nutrition is included in the Appendix of this report, see Exhibit "A". Briefly, the plans provided for a four month's program which was to begin March 1, 1943. Two weeks were to be spent at the beginning in making plans, and two weeks at the end in writing the report. The plans also provided for the employment of two people with training in nutrition and social work to serve as director and co-director, and three part-time people, one for each of the Housing Projects, selected from the women living in the units, to help with the setting up of exhibits and with the preparation for and the cleaning up after the demonstrations.

The plan for the demonstration contained the following suggestions for carrying out the program:

- (1) Organizing clubs for the women at each housing project.
  - (2) Having meetings once per week to discuss principles of nutrition and problems of food selection and preparation.
- Topics for discussion might include relation of food to health; food selection, preparation and nutritive value;



- reasons for food rationing and the point system; meal planning for adequacy and palatability; packed lunches for adults and children; selection of food when eating out; and means of checking the nutrition of the individual.
- (3) Giving food preparation demonstrations with samples of product available for tasting.
  - (4) Having Women participate in meetings.
  - (5) Making extensive use of films, posters, mimeographed materials, commercial materials, exhibits, etc.
  - (6) Distributing suggested menus and recipes each week to all the families living in the projects.
  - (7) Offering consultation service with individual women who need help with their food problems.
  - (8) Having women keep food consumption records.
  - (9) Preparing and serving meals suggested in previously distributed menus, in homes or at the center. Breakfasts, lunches, dinners, box-lunches for men and children, and simple nutritious refreshments for entertaining should all be demonstrated.

Although it was not stated in the plans, it was anticipated that materials in Spanish would be developed and that simple devices for teaching nutrition to people living in low-cost housing projects would result from this program.

Changes which Affected the Program. The plans for this program were approved while the Division of Nutrition was a part of the Office of Defense, Health and Welfare Services. Under this set-up, Texas together with Louisiana and New Mexico made up Region X, and the plans were made





with the needs and interests of these States in mind. In April the Division of Nutrition was transferred to the Food Distribution Administration but the same Nutritionist, Miss Hazel Bratley, continued as supervisor. Texas, however, is now grouped with Oklahoma, Arkansas, and Louisiana, and these four states form the Southwest Region.

The proposed plan gave March 1, 1943 as the beginning date. The directors were available and began making temporary plans as of that date. The appointments were delayed due to the freezing of civil service applications and to the transfer of the Division of Nutrition. The co-director's appointment became effective on March 22, and director's appointment April 27. The director, however, conferred with the co-director in making the plans and in executing the program previous to her appointment and the co-director assisted the director in completing the program after the termination of her appointment.

The delay was unfortunate and in the opinion of the directors had an adverse effect on the program as a whole. As a result of this delay much of the program was carried out during the time of year when the women living in the projects had more than the usual number of home duties. The children were at home from school; many of the women were spending days or weeks out of town visiting relatives; many had relatives visiting them; and many were canning either in their own homes or going to the country to help with canning. Requests for use of the recreation halls where the demonstrations were held also increased during the summer months and it was difficult to schedule more than one weekly nutrition activity at each project without conflicting with other programs. Most of the program was carried out during the hottest part of the year and the meeting places were uncomfortably warm.





## Brief Description of the Nutrition Program as it Was Carried Out.

The program developed as new avenues of approach and opportunities presented themselves. The directors had one purpose in mind in working with the women---to give the greatest possible amount of service toward improving the nutrition of the families which were contacted. The temporary plans which were based on the suggestions in the original plan were continuously evaluated and revised.

In brief, the program consisted of organizing a WOMEN ON THE FOOD FRONT CLUB at each of the three projects and holding a series of twelve weekly club meetings at each project. At the meetings food was prepared and served; nutritive value, food combinations, cost and point value were discussed. Folders were provided for the collection of menu and recipe sheets which were distributed at each of the demonstrations. Exhibits and illustrative materials were used as teaching devices. Additional meetings were held to help women with food preparation, marketing and canning. Home visits were used as means of arousing interest in the program, becoming acquainted with the people, winning their confidence, learning their needs and interests, giving opportunity for consultation, and finding out to what extent the information given was used. One evening meeting featuring a nutrition film and open to everyone was held at each project. The bulletin, Nutritious Meals Using Low-Cost Recipes, (see Appendix) was distributed to all of the families living on the projects.



## SECTION II

### THE AUSTIN HOUSING AUTHORITY

#### Description of the Three Housing Projects of the Austin Housing

Authority. The Austin Housing Authority is made up of three housing projects, namely, Chalmers Court, Santa Rita Court, and Rosewood Court. Chalmers Court, which houses Anglo-Americans, is the largest and consists of 100 units. Santa Rita Court, the housing project for the Latin-Americans, is the smallest and has 40 units. Rosewood Court houses Negroes and has 130 units. The units or apartments range in size from the living room-bedroom units to the four bedroom units. The units are assigned to family groups according to the number in the family and according to the ages of the children in the family. The living room-bedroom unit is for a couple, the one bedroom unit is for a couple or a couple with a small child, the four bedroom unit is for a family group of five to ten people depending upon the ages of the children. The rent is scaled to the size of the apartment and the income of the family. The chart shows the number of units of each size at each court and the approximate number for which they were designed.

NUMBER OF EACH SIZE UNIT AT EACH COURT

Type of Unit	No. of people for which unit was designed	Chalmers	Santa Rita Court	Rosewood
Living room-bedroom	2	12	3	10
1-Bedroom	2 - 3	66	18	48
2-Bedroom	3 - 5	55	13	50
3-Bedroom	4 - 7	18	6	14
4-Bedroom	5 - 10	9	0	8
		160	40	130



Each unit at each project is equipped with a four burner gas stove with oven, hot and cold running water, and a sink. Refrigerators are not supplied; some tenants have their own mechanical refrigerators, others have ice boxes, and others have no refrigeration at all. Other equipment and furniture are furnished by the tenants themselves.

Chalmers and Rosewood Courts each have a recreation hall which is available for the tenants use for entertaining, well-baby conferences, library, Red Cross classes, canning, recreation, etc. At Santa Rita Court a small building known as the "office" is used in the same way the recreation halls are used at the other two courts. These centers were used for the demonstrations given in this nutrition program. The recreation halls at Chalmers and Rosewood are quite large and each is equipped with an electric refrigerator, gas stove similar to those in the units, sinks, and hot and cold water. During the early part of the summer, retorts for canning were added to the equipment at these two halls. The building at Santa Rita consists of one room, a lavatory, and a small kitchen. The kitchen has an electric refrigerator and a stove, but neither sink nor water. Water had to be carried to the kitchen from the lavatory.

At Santa Rita Court a fine garden plot adjoins the project. The plot is divided and each family can use one strip. Garden tools and hoze are also furnished. Most of the families had good spring gardens and were able to can some surplus. At Rosewood and Chalmers the only ground available is the small space at the doorstep of each unit, a space ordinarily used for flowers. Several families used these for a one-variety garden such as tomatoes.





## Description of the Three Cultural Groups Occupying the Austin

### Housing Projects.

#### Size of Families

The families range in size from 2 to 11. A family group of two does not necessarily mean a family consisting of a man and wife; it may be a widow and one child. A group of four may be a widowed mother, a son, a daughter, whose husband is in the service, and her child.

Since there is a higher percentage of units designed for family groups consisting of from 2 to 5 members, the average size of the families living on the project is comparatively small. At the time of this study the larger numbers of the family groups had 2 to 4 members. The size of the families living at each project at the time the nutrition program began is shown in the following chart. As will be noted, there were comparatively few families with more than three children.

No. of People	*Chalmers	Santa Rita	Rosewood
2	38 (24%)	3 (7.5%)	30 (24%)
3	49 (32%)	11 (27.5%)	30 (24%)
4	29 (18%)	10 (25%)	37 (27%)
5	21 (13%)	8 (20%)	12 (9%)
6	6 (4%)	4 (10%)	6 (4%)
7	5 (3%)	0	10 (7%)
8	1 (.6%)	4 (10%)	1 (.07%)
9	1 (.6%)	0	3 (2%)
10	1 (.6%)	0	0
11	0	0	1 (.07%)
Total	151	40	130





\* Information for 9 families was not available.

#### Sources of Income

According to Mrs. Moselle A. Kuehen, Tenant Relations Counsellor, Austin Housing Authority, the wage earners in the family groups are:

Defense Workers	Porters	Truck Drivers
Laundry workers (men and women)	Chauffeurs	Barbers
Cafe cooks	Sales people	Laborers
Cooks in homes	Waitresses	Teachers (2)
Maids	Waiters	Delivery (men or women)

Several families depend upon a non-occupational source of income. Such sources include:

- Old-age pensions
- Spanish War Veterans pensions
- Service Men's Allotments
- Aid to Dependent Children
- Aid to Needy Blind

#### Amount of Income

##### \* YEARLY INCOMES OF FAMILIES

Court	Below \$500	\$500-\$1000	\$1000-\$1500	Above \$1500
Chalmers	9 (6.4%)	76 (54.3%)	36 (25.7%)	19 (13.5%)
Santa Rita	0	29 (74.3%)	7 (17.9%)	3 (7.4%)
Rosewood	2 (1.6%)	111 (90.9%)	8 (6.6%)	1 (0.8%)

\* Information not available for all families



As the chart indicates most of the incomes at all 3 courts ranged between \$500 and \$1000 per year. At Rosewood the average income was \$791 and over 90% of the families made between \$500 to \$1000. It was interesting to note that only two made less than \$500 and only one more than \$1500. At Chalmers the average income was \$1000; about one-half of the families made between \$500 to \$1000 and one-fourth had incomes between \$1000 - \$1500. There were very few above \$1500 and except in unusual cases the families move away when their incomes increase to this bracket. In most cases where the income was above \$1500 the husband was away working in defense work and was paying for his room and board as well as supporting his family and maintaining their home. At Chalmers there were more families living on an income of less than \$500 than at Rosewood. These incomes were in most cases, pensions and were for the support of two people. At Santa Rita the average income was \$900. There were no incomes less than \$500. It was interesting to note that the incomes at Santa Rita represented, in the majority of cases, the income of one member of the household, usually the husband. At the other two courts the family incomes were very often the combined incomes of the family group. This indicated that the Mexican women did not work outside the home as often as did the Anglo-American and Negro women.

#### General Characteristics of Each Group

There was more variability with regard to economic and social level, education, background, interests and living habits at Chalmers Court than at the other two courts. Consequently there was less mingling among the families and a greater tendency to form cliques. It had been observed by other workers that it was difficult to interest the women in group activities. In the opinion of the directors of the nutrition program the Anglo-American women showed less initiative and ambition than the Latin-American or Negro



women. This was apparent in standards of housekeeping and in personal appearance.

The colored families at Rosewood Court had a relatively high social standing among the Negroes of Austin. They seemed to appreciate the facilities offered by the court and they made every effort to maintain high standards of housekeeping and homemaking. Many of the women who were members of the Women on the Food Front Club had high school diplomas. They showed a great interest in both the preparation of food and the discussions on nutrition. Some of them worked as cooks in the homes of white families and were anxious to introduce the new things they learned into these homes. There was evidently a deep feeling for the children and an interest in proper child feeding. A few already had some knowledge of nutritive value of food. The women asked intelligent questions which showed that their thinking had been stimulated. Reactions to the devices used at the demonstrations was spontaneous, and more apparent than at the other projects.

The families at Santa Rita Court seemed to be more nearly on the same level socially and economically. A cooperative community spirit was evident. These families had the distinct culture pattern of Mexico as to food habits, prejudices and superstitions. Social workers have noted that the term Latin-American is preferable to "Mexican" in referring to Spanish-speaking groups living in this country, but it was observed that the women at the Santa Rita Court always referred to themselves as Mexicans. They referred to Anglo-Americans as "white people". These families were all citizens of the United States and were, of course, "white." Many of the women did not speak English, although most of them understood some English and some of them spoke, read, and wrote it. Very few read or wrote Spanish. The Spanish spoken was not true Spanish but a jargon of English and Spanish





often referred to as Tex-Mex. While it would be impossible to state the educational grade level without having made a survey, the feeling of those working with these families was that the average educational level was probably not above the 4th or 5th grade. There was an eagerness to learn among the members of this group and a deep feeling of appreciation toward those who tried to help them. There was also a spirit of helpfulness toward each other that was outstanding. Due to the lack of formal education the members of this group were particularly visual-minded in their learning. This was evidenced by the fact that different ones at various demonstrations rose to come closer to the director to see better what was being done and how it was being done. This action was not as obvious at the other two courts.





### SECTION III

#### PREVIOUS NUTRITION PROGRAMS CONDUCTED AT THE HOUSING PROJECTS

Since the reaction of a group of women to an educational program would presumably be influenced, to some extent, by previous programs in the same field, it may be well to mention briefly several projects that had been carried out previous to the present one.

#### Dietary Study

In 1941-42, Dr. Ruth Leslie and Dr. Jet Winters of the Home Economics Department of the University of Texas made a study of the diet and nutritional status of representative women in the three housing projects. For this study, food samples, duplicating in kind and quantity the food actually consumed during a day were collected for periods of one, two or three weeks at three different seasons of the year, from 24 women living in the three different housing projects. The samples were collected daily and assayed for protein, calcium, phosphorous, riboflavin, niacin and pantothenic acid. Calorie values were also determined. It was found that calorie intakes were from one-half to three-fourths the allowance recommended for a sedentary woman, and that, on the same basis, the average intakes of thiamin, niacin and riboflavin were slightly more than one-third, and the intakes of protein, calcium and phosphorus approximately one-half of the amounts recommended as adequate. The average pantothenic acid intake was only about one-fourth of the amount that has been suggested as representing adequacy. Seasonal variations and differences between the intakes of the Anglo-American, Latin-American, and Negro subjects were found to be slight. Fifteen of the 24 women were examined for signs of nutritional deficiency, and while no grave manifestations were found none of the subjects were entirely free of physical symptoms. It was concluded that chronic nutritional deficiency was prevalent in each of the groups. Each



woman who had participated in this study was given the results of the findings and advised as to how her diet might be improved. It was largely on the basis of the results of this study that a nutrition demonstration program was suggested for the housing projects.

#### Adult Education Programs

At Santa Rita courts the success of the work which had been done by Mrs. Frances Harris as Adult Education Teacher under the Work Progress Administration was evident as the women who had participated in the program had confidence in and were interested in the present one. Mrs. Harris had worked at the one court for three consecutive years. Her classwork centered around citizenship, Nutrition had not been stressed but some classwork in food preparation had been included.

Similar programs had been carried out at Chalmers and Rosewood but there had been several changes in teaching personnel and the carry-over was not as evident as at Santa Rita.

- In October, 1942, the local public school board employed Mrs. Roberta Lee, Negro Home Economist, to conduct an adult education program for negroes throughout the city. During the winter and spring months Mrs. Lee held meetings with a group of women at Rosewood Court. The work helped to stimulate interest in the present program. Gardening and canning were being stressed by Mrs. Lee at the time the Nutrition Demonstration Program began, and extensive canning activities were in progress during the course of the nutrition program.





## SECTION IV

### CONTACT WITH COOPERATING AGENCIES

During the course of the program the director and co-director were encouraged by the regional nutritionist to contact either directly or by mail, persons representing other agencies for advice, assistance and material.

Following is a list giving the names of persons or agencies with a brief statement of the way in which each cooperated.

1. The Texas State Nutrition Committee cooperated by requesting the Research subcommittee to work with the regional nutritionist in deciding upon the demonstration, in securing the location for the program, in submitting a plan of work, and in following through as requested. Under the chairmanship of Dr. Jet Winters, professor of Home Economics, University of Texas, the sub-committee gave the suggested services and Dr. Winters acted as advisor to the director and co-director throughout the program. All of this assistance was appreciated very much.
2. Miss Frances Hemphill, graduate student, University of Texas, extended to the directors the use of material used in her thesis.
3. The Austin-Travis County War Ration Board was very cooperative in issuing food stamps to be used in purchasing supplies for the demonstrations.
4. Mrs. Alice P. Erwin, Associate Supervisor, Farm Security Administration, organized a cooperative canning project which included the group at Santa Rita.
5. The Austin Housing Authority of the Federal Public Housing Authority granted permission for the Program to be carried out at the Austin projects. Mr. D. B. Johnson, Executive Director and Housing Manager, and Mrs. Moselle A. Kuehne, Tenant Relations Counsellor, cooperated with the directors in every possible way to further the interests of the program. Their enthus-





iasm was an inspiration both to the directors and to the women of the Courts. They assisted in the mimeographing and distribution of material, in selecting the assistants, in scheduling meetings, etc. They purchased additional kitchen equipment to facilitate the demonstrations.

6. Mrs. E. S. Lynn, Director, Latin-American Center, cooperated in the corn-canning project, which took place at the Latin-American Center.

7. Miss Doris Buchanan, Coordinator of Homemaking Education, Austin Public Schools, interested the Homemaking teacher at Zavala School in planning to make arrangements for her students to assist in caring for the small children at Santa Rita during the demonstrations.

8. Mrs. Eunice Wooley, Food Conservation Specialist, gave a talk on canning to the group at Santa Rita.

9. Miss Thelma Casey, Home Demonstration Agent, gave advice on canning and also gave copies of canning bulletins.

10. Mrs. Charles Joe Moore, Director, Visual Instruction Bureau, Extension Division, University of Texas, was very helpful in assisting in the selection of films and arranging for having them shown.

11. Mr. Henry McClellan who projected the films and made the photographs, showed at all times a willing and enthusiastic spirit of cooperation.

12. The Agricultural Extension Service, University of New Mexico, gave the directors helpful bulletins and flyers for distribution.

13. The Agricultural Extension Service, University of Arizona, gave an interesting leaflet which was used by the directors.

14. La Secretaria de la Asistencia Publica, City of Mexico, sent a number of magazines containing articles on nutrition with relation to health

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15. Mrs. Mabel Polan, and Miss Lucille Langham, Senior and Junior Nutritionists respectively of the Division of Maternal and Child Health, State Department of Health, were interested in the program, attended several of the meetings and gave some illustrative material.

16. Several of the personnel of the Austin-Travis County Health Unit assisted the directors by offering examples of malnutrition observed among their clients.

17. Through Miss Mildred Horton, Chairman, Texas State Nutrition Committee, the directors were supplied with copies of Variety Meats, Their Nutritive Value, and Recipes for Using Them.

18. Before the program was initiated there was a meeting of the personnel of agencies working in the section of town in which the projects are located to see whether or not this program would interfere with or duplicate already existing programs.

19. La Oficina Saintaria Panamericana sent bulletins on nutrition and gardening and gave further references.

20. The directors of the program consulted Dr. Berniece M. Moore, Sociological Advisor, Home and Family Life, Austin Public Schools, concerning ways and means of evaluating the worthwhileness of the program.



## SECTION V

### PROCEDURE AND RESULTS

An attempt is made in this section of the report to give the development of the program in such a way that the information could serve as a guide to anyone working on similar programs. The printed and mimeographed materials which were developed for the program are included in the appendix. A set of the illustrative material which was developed for this program is filed in the Regional Office of the Food Distribution Administration.

#### Preliminary Work

1. The results of projects which had already been carried out by others were discussed with people in these courts in a separate section. These programs were studied and proved helpful in that they indicated food habits and dietary deficiencies, and served as a guide in the selection of topics for demonstrations.
2. The directors acquainted themselves with projects carried out in other places. The material from the Westinghouse Company, although designed for people on a higher economic level, was especially helpful and many suggestions were obtained from their materials.
3. Much time was spent in making a special study of illustrative material and methods of presenting nutrition principles which had been used in other programs. A list of reference materials used for this purpose is included in the appendix. Much of the material was designed for people on a higher economic and educational level, but the materials were helpful in that the ideas given could be adapted for use in this program.
4. Much time was spent in deciding on illustrative material, in designing new material, and in planning to have it duplicated. Attempts were





made to find an individual who could make charts and posters but this proved impossible. Finally arrangements were made with a commercial firm. This was not entirely satisfactory, as it was difficult to get them to follow suggestions. Arrangements had to be made for the mimeographing of material to be distributed. Because of the shortage of workers, all of this took more time than would normally be required.

5. Conferences were held with officials from the local Housing Authority. Plans were made with them for the use of the hall, etc., so as not to conflict with other programs.

6. Inventories of the facilities of the recreational halls were made. A list of needed additional equipment was made and presented to the local Housing Authority officials.

7. Contacts were made with cooperating agencies. These have been discussed in a previous section.

8. Arrangements were made for the purchase of groceries and other supplies. Stores which accepted credit had to be chosen. A grocery store, which was conveniently located, had a general line of groceries and a meat market, and which had moderately priced merchandise was chosen.

9. Arrangements were made with the local War Ration Board for the estimated ration points needed. Because of complications involved in marketing, the directors decided that it would have been advisable to have banked the ration points rather than to have placed them at one store.

10. It was necessary to see that the recreation halls were in proper condition. This necessitated cleaning storage and food preparation centers, cleaning equipment, arranging storage spaces for supplies, equipment, and illustrative materials.





11. The assistants for part time work were selected at each project. It was necessary to interview these people, have them approved, etc.

12. Definite plans for the procedure of the program were made. The procedures decided upon were as follows:

1. To visit every family and invite homemakers to participate in the program. This was done in an effort to stimulate interest.

The directors realized that the arousing of interest from the beginning, was their biggest problem.

2. To initiate the program with a social activity to which all the homemakers would be invited. The program was to be explained at this time, and dates for meetings decided upon.

3. To prepare and distribute a weekly bulletin containing suggested menus, recipes and market orders.

4. To offer consultation service on nutrition and food problems at specified times to homemakers at each court.

5. To organize the women at each project into a club and to use membership cards and award certificates for participation in the program.

6. To hold weekly club meetings at each court for the purpose of giving food demonstrations and discussions of nutrition principles.

7. To develop some means of checking on the results.

#### Development of Program

##### Home Visits

Each family unit was visited by one of the directors at the beginning of the program. The director introduced herself to the homemaker and explained in what capacity she was working. She extended an invitation to the

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homemaker to the social activity and explained that, at the meeting, the nutrition program would be discussed more fully. At units where no one was at home, a card was left (see appendix for copy). Some women showed an eagerness for, and an interest in the program while others showed no enthusiasm at all. Several stated that they never took part in group activities and that they did not like to get out in crowds.

Home visits were used throughout the program because they proved to be an excellent way of interesting people and working with them. At Santa Rita, Mrs. Cromack visited a few families before each demonstration and, in an informal way, discussed with them the demonstration which was being planned. In that manner she was able to become acquainted with their problems and could emphasize points in the discussion that would be helpful in solving them. Often these visits determined the nature of future demonstrations.

At Chalmers and Rosewood one of the directors made a few visits each week. Mrs. Kuehne sometimes indicated that certain homemakers needed to be interested, and these were always called on. Also at these courts the assistants spent time each week contacting the homemakers, reminding them to come, etc. Another type of visiting was carried out at Chalmers which proved very interesting. Members of the club were asked to make visits. The court was divided into four sections and two or three women from each section volunteered to visit the women in that section. This was done toward the end of the program. Five women came as a result of these visits. This method could have been used earlier in the program to an advantage. At Rosewood the president of the club and the assistant were exceedingly active in stimulating interest through contacts with the women living at the court.





## Neighborhood Meetings

Only a few women came to the initial meeting at Chalmers, so another device for arousing interest was used. Four women, selected from different sections of the court, and suggested by Mrs. Kuehne, were asked to serve as hostesses to a group of ten neighboring women. Two such meetings were held at the same time, and each was attended by one of the directors. At these meetings a simple demonstration was given and charts on food needs were discussed. The directors felt that the interest developed in this manner was not in proportion to the time and efforts expended, but later it was realized that some the most interested women were contacted through these meetings. Later in the program it was found that women who did not come to any of the regular demonstrations were using the information gained at these neighborhood demonstrations. The directors felt that the meetings were helpful in establishing a friendly relation with the women. These meetings also provided an excellent means of finding the type of cooking utensils the women used in their homes. This information was useful because it needed to be taken into account in planning the demonstrations.

## Initial Social Activity

Informal afternoon teas were used at Chalmers. The hours selected for these meetings at the different courts were those suggested by Mrs. Kuehne as having been found the most successful. Exhibits of posters were set up and leaflets on nutrition were available for distribution. At Rosewood and Chalmers an exhibit showing the comparative food value of breakfasts was also used.

Mrs. Kuehne attended all three meetings and introduced the directors. She showed great enthusiasm for the program. At Santa Rita it was not possible to have the registration cards, membership cards, and certificates at the first meeting and directors felt that an opportunity for arousing interest





had been missed.

### The Schedule

The schedule for the division of time between the courts was worked out at the beginning with the assistance of Mrs. Kuehne. It was necessary to plan with her and to set days for each of the courts to prevent conflicts with other programs. Obviously, the demonstrations had to be planned for a time when the meeting places would be free not only at the time of the demonstration, but also for a period previous to the demonstrations so that adequate preparations could be made and exhibits set up. The schedule outline for the courts was as follows:

Chalmers Court	----	Monday	-----	Consultation
		Tuesday	-----	Demonstration
Rosewood Court	----	Wednesday	---	Consultation
		Friday	-----	Demonstration
Santa Rita	-----	Wednesday	-	Consultation
		Thursday	----	Demonstration
Office	-----	Saturday	----	Routine Work

At the first meetings at each court the proposed schedule was discussed with the women and the hours best suited for their meetings were chosen.

The following schedule for the week was then outlined:

Monday	--	Morning	--	Complete menu and recipe sheet to be mimeographed.
		Afternoon	--	Consultation service at Chalmers -- preparation for demonstration
Tuesday	--	Morning	--	Demonstration at Chalmers
		Afternoon	--	Work on illustrative material
* Wednesday	--	Morning	--	Assembling materials for next series of demonstrations.
		Afternoon	--	Consultation at Rosewood Court
				Consultation at Santa Rita Court
Friday	--	Morning	--	Prepare for demonstration
		Afternoon	--	Demonstration at Rosewood Court
Saturday	--	Morning	--	Conference with Dr. Winters to evaluate work and plan future demonstrations for week.



Afternoon -- Plan menus to be used following week.

\* Each new demonstration was first given at Santa Rita, then Rosewood, then Chalmers.

After this weekly schedule had been worked out, a calendar for the various activities was made. This schedule made a satisfactory division of time for the three courts. However, the directors felt that more time could have been spent at each court to a great advantage in working directly with individual and group problems. In following the schedule the directors discovered that not enough time had been allotted to the planning and preparation of the menu sheets, demonstration discussions, illustrative material, and exhibits for each meeting. To collect and transport demonstration materials three times each week and to market for the demonstration required more time than had been anticipated and time other than that allowed for the preparation for demonstrations had to be used. Time for home visits, a method which proved very beneficial, and time for the showing of education films were not scheduled. The preparation of vouchers at the end of each month had not been foreseen as part of the director's responsibility and time had not been allowed for this.

#### The Weekly Bulletin

The original plans called for a weekly bulletin, containing menus and recipes for a week, to be distributed to all the families in the courts. Miss Frances Hemphill, a graduate student in nutrition, was making a study of nutritious, low-cost meals. These meals had been prepared and assayed for nutritive value. Miss Hemphill's material was made available to the directors who planned to use it for some of these weekly bulletins. Due to the difficulty in getting mimeographed material done on schedule, the Regional Nutritionist expressed the opinion that the time involved in



preparing and sending out a weekly bulletin could be used to better advantage in making more home visits, and in preparing illustrative materials. So it was decided that Miss Hemphill's material which presented menus and recipes for four weeks would be duplicated in full in the regional office, and distributed to all the families near the close of the project. A copy of this bulletin, Nutritious Meals Using Low-Cost Recipes, will be found in the appendix. The women were requested to give information on the use of this material on a stamped, addressed card, furnished them. The few cards that have been received to date, state that the material has been found useful. It would probably have been wise to have stated that the cards need not be signed.

#### Consultation Service

Time was scheduled at each court for consultation service. It was thought that, at such time, the directors could help women with individual problems and that the women would be interested in coming to seek advice on planning meals for the family, eating habits of children, and problems in selection and buying of food. Although this service was thoroughly explained and a specified time was not, the women did not take advantage of it. Consequently plans were made to use this time for other activities. The women were invited in for additional food preparations, canning, marketing and discussions on special problems. In the opinion of the directors the program was planned for too short a time for effective consultation service. It would seem that a longer period of time is required for workers to establish themselves to the extent that homemakers will seek advice on anything as personal as family food problems. Also the directors believe that consultation service offered indirectly through home visits is more successful since the women have so many home duties.







In this program many opportunities for consultation presented themselves during the demonstration period. This was especially true during the time samples of food were being served, as at that time there was little formality and much discussion of food likes and dislikes and family food habits. Many women lingered in order to have an opportunity to talk to one of the directors, in privacy concerning personal food problems.

### The Demonstrations

A complete set of the mimeographed materials which were developed for this program and which served as a guide for the demonstrations is included in the appendix. The notes which accompany this material will give a more complete picture of each demonstration, the food problems and the nutrition principles stressed, than the brief outline of the demonstrations given in this section.

The demonstrations given were:

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|--|---|
| 1. A simple well-balanced meal<br>(baked liver as main dish)   | 8. Breakfasts                           |
| 2. A simple well balanced meal                                 | 9. Variety Meats and Fish               |
| 3. Menus for one day   | 10. Quick Meals for Lunches and Suppers |
| 4. Packed lunches  | 11. Desserts                            |
| 5. A Vegetable meal  | 12. Snacks                              |
| 6. One-dish meals with meat                                    | 13. Food for children                   |
| 7. One-dish meals without meat                                 | 14. Menu Planning for the Day           |
| 15. Menu Planning for the Day<br>(Women plan and prepare food) |   |

The first meetings and demonstrations were held at Santa Rita Court. The directors realized upon making home visits that the preliminary planning was too elaborate and that a very simple program needed to be worked out.



They also realized that in order to interest this group in nutrition and to help them in interpreting nutrition principles it would be necessary actually to prepare and serve food. The need for instruction in correct methods of food preparation was also evident.

A simple meal was planned for the first demonstration at Santa Rita Court. The discussion was held in Spanish and the meal was prepared by the co-director as the discussion was carried on. The reasons for making the selections and food combinations, and the principles of cooking involved were stressed. The menu and the recipes were written in Spanish on the blackboard, but the "Tex-Mex" which is used by these people is so different from Spanish that considerable difficulty was experienced in interpreting them. It was found that many of the women could read neither Spanish nor English. Consequently it was felt that nothing would be gained by putting the material into Spanish. Commercial material in Spanish could not be understood by the women. Many of the women could read English, and those who could not, usually had someone at home who could. The women stated that they preferred the menu sheets in English. For this reason the materials which were developed later were in English, but the discussion for the demonstrations at Santa Rita were held in Spanish.

The second demonstration given at Santa Rita followed the same pattern as the first. This time mimeographed sheets were distributed and were used as a guide for the demonstration. The women liked this idea. They had something to take home. The second demonstration at Santa Rita was repeated at Chalmers and Rosewood at the introductory demonstration.

The third demonstration included menus for the entire day and gave an opportunity to introduce menu planning for the whole day. Only the evening meal was prepared. From then on the main features of the demonstrations varied greatly, but for the most part the three meals for the day were included.





and were either exhibited or assembled during the demonstration. An attempt was made to make each presentation different, interesting, and stimulating.

The same mimeographed sheets and same demonstrations were given at each court with only a few minor changes. It was the desire of the directors to prepare separate sheets for each court and vary the program more than was done. They found, however, that dividing their time and efforts among three projects made it impossible to prepare three separate sheets and three demonstrations per week. Adaptations were made during the discussions to meet the needs of the various groups.

The demonstration featuring breakfasts and the one featuring quick light meals were two of the most effective demonstrations; however, they were quite long and required a great amount of preparation beforehand. The demonstration on snacks and food for children were very well received and seemed to stimulate much thought. The comparisons of food value and costs of various types of common snacks seemed to interest the women very much. The recipes given in the demonstration on one-dish meals with meat proved very popular. The one on desserts was given because it was requested by some of the members. Simple desserts had been included all along and this demonstration seemed unnecessary to the directors. It did present an opportunity to discuss the selection of desserts, to give their nutritive value and to discuss their place in the diet. During the course of the nutrition program the women at each court expressed a desire to prepare and serve a meal themselves. For that reason the last meeting was planned to give them an opportunity to do so. This gave them much satisfaction. The menu showed wise planning and careful preparation.

The discussions were very informal and the assisting director was free to enter into the discussion, ask questions, or make additional comments. This helped to set the stage for questions and comments from the women. Also, the women





learned to know both workers and gained confidence in both.

### The Additional Meetings

Near the beginning of the program at Santa Rita an invitation was given to the women to come a second afternoon during the week for instruction in making yeast bread rolls. The directors thought perhaps a more tangible activity than consultation would arouse interest. Only one person came. The following week it was discovered that many of the women had a surplus of beans in their gardens. The directors offered to help can them and 8 or 9 women came to the meeting place with their beans and jars. Fifty containers of beans were canned. This canning project did much to encourage the development of a feeling of confidence and friendship between the directors and the members. The following week the directors offered to assist the women in preparing any one of the one-dish meals which had been demonstrated. The women were to bring their own ingredients and cooking vessels. Twelve one-dish meals were prepared, one woman preparing two, one for her family and one for a homemaker who was working. From this time on an extra activity was scheduled each week with participation by nearly all of the club members. The activities included preparation of gingerbread, variety meats, desserts, coffee cakes and demonstration of water bath method for canning tomatoes.

The last activity was another invitation to make yeast bread. Conditions of the offer were exactly the same as before, the women to bring lard and sugar, the flour was some left over from surplus commodities and the yeast was supplied. The invitation was worded almost exactly the same. This time twelve women came and made rolls for their families, taking the pans of rolls home to be baked.

Similar activities were scheduled at Chalmers and Rosewood Courts, after it was realized that the women were not going to avail themselves of the consultation services offered. At Chalmers the directors planned to assist the



club members in the preparation of variety meat dishes a few days after the demonstration on variety meats. Only three women participated in this activity. At the next regular meeting the directors questioned the women about having further meetings and it was the opinion of the group that one meeting a week was all their schedule would allow. However, later in the program the women did participate in two canning demonstrations.

At Rosewood, mothers of pre-school children were invited to come at a specified time to consult with the directors on feeding problems of the pre-school age child. This had been announced at a regular meeting and at an evening meeting when films had been shown. At the appointed hour the directors were met by a group of twelve or fifteen youngsters, several of whom asked, "May I come too? I'm eight years old but I want to come too." Evidently there had been a misunderstanding. One elderly woman with her teen-age daughter represented the adult attendance. The children were invited into the hall and a discussion of their food habits brought out many interesting points. They were questioned about the nutrition film that had been shown at the court recently and the directors were pleased with their keen observation and understanding.

#### Canning

At the time the directors were making preliminary plans for the nutrition program, plans were already underway for a city-wide canning project. For that reason canning was not included in the nutrition program. However, in working with the people, it was realized that some of them were not being reached through the canning project. Apparently, they lacked money to buy produce as well as initiative to participate. Interest in canning was evident through the response at Santa Rita to an offer to assist in canning beans. Later, through the help of Mrs. Ervin, the women at Santa Rita court participated in a corn canning project. Over 300 cans of corn were put up, each family's share being 15 cans. One





woman was observed as she was storing her share. She was handling each can separately and had a very pleased look. When she was greeted by one of the directors she said, "I'm just like the red ant, I am storing for the winter."

The demonstration which was given on the water bath method for canning tomatoes encouraged many to can tomatoes in their own homes. Canning was entirely new to most of these people. Lack of confidence in their own ability was quite evident. As one woman at Santa Rita said after telling about the 25 jars of tomatoes she had canned. "I look at them every morning with great fear." One 12 year old girl who attended the demonstrations after school was out, canned 11 jars, one or two jars at a time. She was very anxious to can another so she would have an even dozen. She was so enthusiastic over her success that she asked her father for a bushel of tomatoes for a birthday present. Although many had canned tomatoes in their own homes, several were interested in group canning. A project similar to the one for canning corn was sponsored and 250 containers of tomatoes were canned.

The women at Chalmers showed no interest in canning even though a very adequate canning center had been set up in the recreation hall and several announcements had been made from the Housing Authority office. It was thought by the directors that a project similar to the one carried<sup>out</sup> with the Mexican women might prove successful. A community fund had been used to purchase the supplies and the women paid for their share of canned products. The women at Chalmers were approached on the matter. Twelve women were interested and participated in a project in which 300 cans of tomatoes were conserved. They, as well as other women living at the court, asked about the possibility for additional projects in group canning, explaining that they often did not have the money nor means of transportation to secure a large supply of produce. As a result of this interest, a revolving fund was established through the efforts of Mrs. Richey. The initial project was canning chili made of non-rationed meat. The directors assisted in





carrying out this project.

### Educational Films

One program of educational film, consisting of "Food Makes a Difference", prepared by the Bureau of Home Economics, a current news reel, and a comic short was presented at each court. The program was well received and family participation was quite evident. At Santa Rita many of the neighboring families also attended. It was planned by the directors at the beginning of the program to show films regularly at each of the three courts. Several factors contributed to changing this plan.

1. Due to the excessive heat and the anticipated large crowds it was considered necessary to show the films out of doors. Because it became dark so late it was impossible to start until nine o'clock. Since practically everyone attended, from baby to grandma, it was considered inadvisable by the directors to sponsor an evening program which must necessarily take place at such a late hour.
2. The directors consumed a considerable amount of time in reviewing films to be shown. They encountered difficulty in finding films suitable in subject matter and method of presentation. It was necessary to choose films which were not highly technical because of the limited educational background of the groups contacted. It was also important to use films which did not have an unsuitable setting.
3. The directors desired to use short nutrition films during the regular demonstration periods but the heat prevented darkening the rooms, also the cost of projecting was prohibitive.

### Checking Results

Each director kept a diary in which she made notations of comments made by the women. The response to different types of demonstrations and teaching devices were also recorded. In this manner the program was con-



tinuously evaluated and revisions were made in plans.

Attendance at each meeting was recorded and displayed on a Membership Chart. The women were interested in noting those who were absent and usually made some effort to contact them.

At Santa Rita court the women were asked to report on home preparation of feeds demonstrated. A chart was used for recording this information. The chart showed the variety of dishes prepared but did not show the number of times each woman prepared a dish. At Chalmers and Rosewood the women were encouraged to report on "what they had prepared" but no attempt was made to keep a record of this except in the directors' diary. This type of checking was helpful as it gave the directors an idea of the type of information which was being accepted and used.

Another type of sensing the success of the program was through home visits. The value of home visits have been discussed earlier in the report.

An attempt was made to make a formal check on the use of recipes and information given. A check list (see appendix) was prepared and each member was visited a week after the last demonstration. The information gained through the use of the check list was negligible. They "liked everything," and their families "liked everything" they had prepared. When checking dishes which they had tried several times they would say, "I make it all the time," or "I make it every week." Some women did not check the preparation of any of the dishes. However, in visiting them and talking with them about their family and other interests they would begin to tell about certain foods such as carrots or cabbage, and how much the family liked them since the homemaker prepared them the way she had learned at the demonstrations.

As will be noted in reviewing the check list in the appendix, the last page is composed of questions. The response to these questions was better than to

The first part of the paper discusses the importance of the study and the objectives of the research. It highlights the need for a comprehensive understanding of the subject matter and the role of the researcher in this process. The second part of the paper presents the methodology used in the study, including the selection of participants, the data collection methods, and the analysis techniques. The third part of the paper discusses the results of the study and the conclusions drawn from the data. The final part of the paper provides a summary of the findings and offers suggestions for future research.

The study was conducted in a controlled environment to ensure the validity of the results. The participants were selected based on specific criteria and were informed of the purpose of the study. The data was collected using a series of standardized tests and questionnaires. The results of the study were analyzed using statistical methods to determine the significance of the findings. The conclusions drawn from the study are based on the data collected and the analysis performed. The study has several limitations, including the small sample size and the lack of generalizability of the results. Future research should aim to address these limitations and provide a more comprehensive understanding of the subject matter.

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check the check list.

In the opinion of the directors the mose useful means for checking the results of this type of program are diaries, home visits, and informal reporting by the members on the use made of information.





## SECTION VI

### EVIDENCES OF EFFECTIVENESS OF PROGRAM

#### Attendance

The attendance record is shown on the graph on the next page. The attendance fluctuated some, but it increased gradually throughout the program. Special celebration dates, such as Easter, The Fourth of July, The Fifth of May, for the Mexicans, and the Nineteenth of June for the Negroes brought the attendance down greatly. Very few dropped out and when they did it was for a definite reason -- some accepted jobs, some became ill, some moved away, etc.

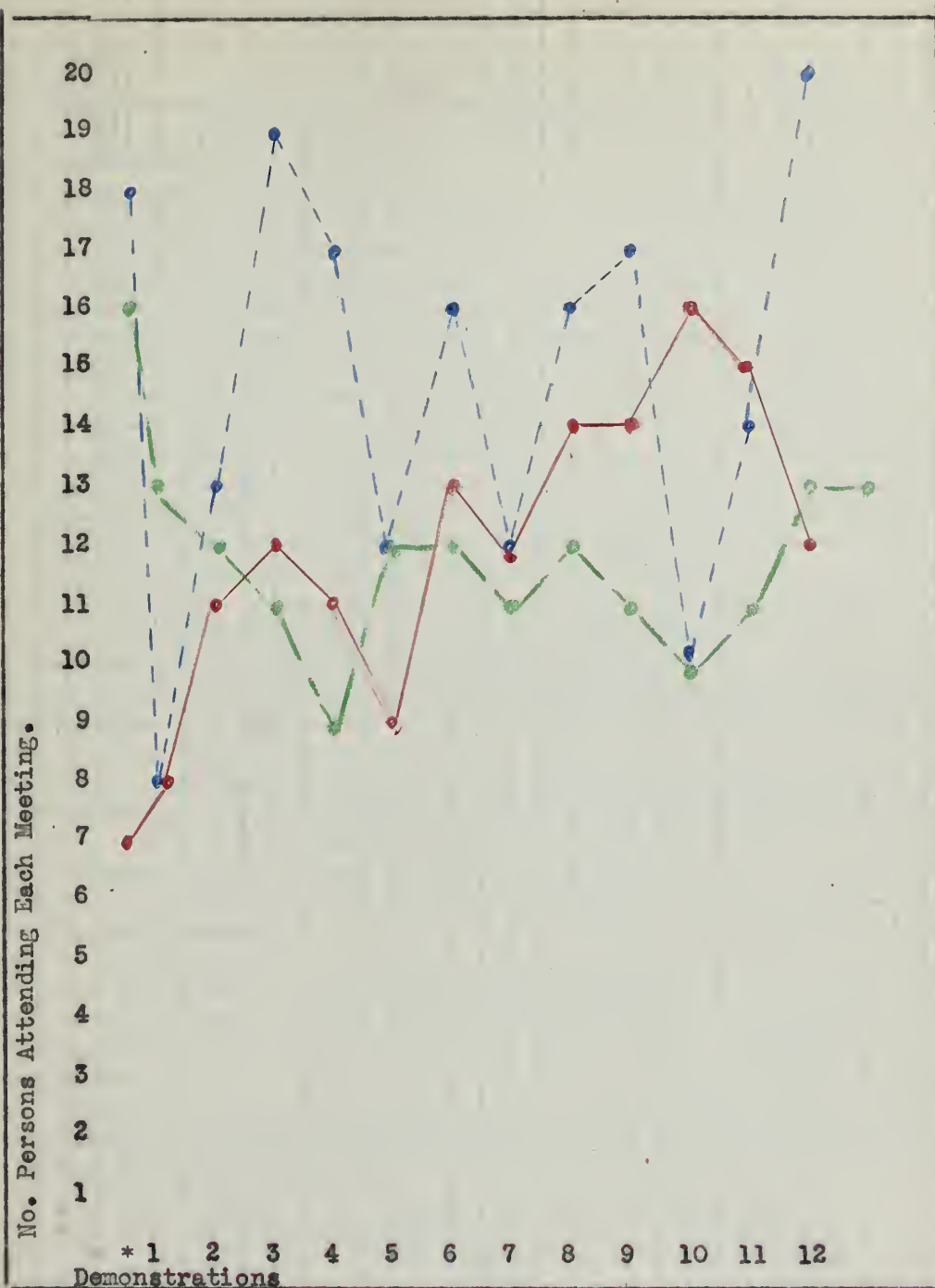
Absenteeism was due to illness, temporary jobs, upsets in family schedule. One homemaker at Chalmers, for instance, could not come because her relatives came in every Tuesday morning to attend an Auction Sale immediately after lunch. She felt obligated to stay at home to prepare lunch for them so they would not be delayed.

Interest in the program was spreading. New members were added throughout the program as is shown by the following chart.

DEMO. NUMBER	NUMBER OF NEW MEMBERS		
	Santa Rita	Rosewood	Chalmers
Initial meeting	16	18	7
Demonstration No 1.		2	4
2	1	3	2
3		7	1
4		4	3
5		1	1
6	1	1	1
7	2		
8	1	4	1
9			3
10	1		2
11			
12		2	



# ATTENDANCE AT EACH MEETING



\* Initial Meeting

Key: Rosewood - - - - -

Santa Rita . . . . .

Chalmers - - - - -



Women were consistent in attendance as shown by the following chart:

ATTENDANCE RECORD

Times Attended	No. of Women Attended		
	Santa Rita	Rosewood	Chalmers
12	7	2	2
11	0	1	2
10	2	0	3
9	0	2	1
8	2	2	2
7	9	1	4
6	9	9	0
5	3	2	0
4	2	1	0
3	2	3	3
2	1	5	2
1	2	11	6

Significant Remarks made by Homemakers

"What I like about this, you use foods that we have or could get and we can go home and make these."

"I was buying high priced meats, but now I buy the less expensive cuts since you showed us how to use them. I also found you could use other things than meat."

"I plan my meals now." (This remark was made by many)

"It helped me in menu planning."

"I find that it is better to buy in large quantities."

"The children like the snacks that I plan much better and they don't think about popsicles so much."

"The recipes and menus in the folder suggests ideas to me, and it is easier to decide what I am going to serve."

"We use more tomatoes, lettuce, and cabbage."

"I tried the baked liver and we liked it very much."

"My family liked the stuffed heart so well that I had to fix another one."

A mother of four said, "I learned to fix something different for the kids to eat."

"I enjoy getting new ideas for meals."

"I bought whole wheat flour." (Evidently it was the first time.)

"My children eat more."





"My mother says Mary looks like she has gained. I do give her more milk."

"This is the first time I have eaten cabbage and liked it." (This from a woman on tasting steamed cabbage.)

"I was so glad to learn how to boil potatoes." (This from a Mexican woman)

"We can't get much meat anymore so I fix things like the oatmeal loaf, beef casserole, and the six layer dinner. Then everybody can have a little."  
(This from a Mexican woman.)

"I make biscuits two times a week and I had never made them before." (A Mexican woman who was in the habit of making white flour tortillas.)

"I don't let the kids buy things in the afternoon anymore, but I make the different kinds of cookies now, especially the sugar cookies."

"I am giving the children more milk now." (This statement was made by almost all of the Mexican women.)

"I wish more women would come to our club. In a way they really have missed something."

"Yesterday when I was buying fruit juices, my boys wanted me to buy pineapple juice. I noticed that it cost a lot more and had a higher point value. Would it be better than grapefruit juice?"

"Now I don't worry about having oranges all the time in the summer time when we can have tomatoes."

"I didn't know it made any difference whether you bought white cornmeal or yellow."

"We eat beans every day, but I didn't know it was alright. Why! beans are good for you."

"I went right home and fixed the macaroni and cheese like you did and now my children want it every day."

"My kids never eat liver. I fixed it like you said and now they like it."

"I knew orange juice was good but I didn't know it was that good. (This on viewing charts showing the comparative food value of three juices.

"Why you get nothing, nothing at all from popsicles." (This on viewing charts showing comparative food value of one quart of milk and three popsicles.

"I had them make a custard today. That was good, wasn't it? I mean for someone in my condition. (This from a new mother.)

"Now I'm beginning to see ~~that~~ things I could do without and other things I ought to buy with my money. Like oatmeal instead of them popped cereals." (This from a girl (Negro) who supports herself and three children on an income of seven dollars a week.)



"You'll never know what this course has meant to me." (This from an Anglo-American woman with a family of eleven to feed.)

#### Other Evidences

An indication of the effectiveness of the program was the use made of the information given. The women seemed to treasure the folder of recipes and menus. They valued the recipes because they had confidence in them. One Negro woman, a very young mother, was collecting extra copies of the mimeographed sheets to send to a friend in a defense area who had written her for suggestions on "what to cook?" Many requested extra copies for their mother, sisters, or friends.

At every meeting almost every member had something to tell about a recipe she had tried or some item she had bought.

One of the supervisors in charge of canning for the City-County Hospital often heard the Negro women workers discussing the "cooking classes" which were being held at Rosewood Court. None of these women lived at the Court but had secured recipes and information about the demonstrations from friends living there.

#### Observations by the Demonstrators

The folders were used by the women for suggestions in menu planning and for the recipes.

Most of the women said they liked vegetables now and their families ate them. They had not done so previously.

Creamed Macaroni and cheese was a distinct favorite among the Mexican group. This indicates a change in food habits as their usual method of preparing Macaroni is different.

It was evident that every club member was making a sincere effort to serve more milk to her children. The same is true as regards Vitamin C foods.

Molasses was introduced to the Mexican women as a sweet, and many bought it for use in their homes for the first time.

It seemed that everyone was making an effort to buy yellow cornmeal instead of the white.

The women became conscious of correct temperature for meat cookery and vegetable cookery.

More women were accustomed to buying at the corner grocery store where



high prices prevailed, selection was poor, and charge accounts encouraged, have begun to plan their marketing to take advantage of week-end specials at larger stores.

When the demonstrators made visits after the demonstrations were over, several of the women showed them the plot that they were preparing for swiss chard, and some had already planted theirs.

The women always asked for mimeographed sheets if they had been absent. In contrast to this they did not ask for other materials such as leaflets or booklets which had been demonstrated. The one exception was a recipe book on meat cookery, they all wanted this book.

At the time this report was written a Home Economist was employed through the Austin Public Schools to work part time with Santa Rita Court and part time with the Latin-American Center. An Adult Education leader had carried on a program at the Latin-American center last year. To include the group at Santa Rita in a joint program with the Latin-American center was a definite outcome of the interest stimulated through the nutrition program.

The group at Chalmers Court asked several times toward the end of the program what they could do in order to have a Home Economist at their project all the time.





## SECTION VII

### RECOMMENDATIONS

In the section on Procedure and Results the responses to the various procedures and techniques used are discussed. Some procedures and techniques seemed particularly successful in the opinion of the directors and are summarized in this section as recommendations for similar programs.

1. In light of the response of those participating in this program, the directors recommend short-term concentrated programs in nutrition. To have a specific termination date and number of meetings to stimulate interest and attendance through the last meeting.
2. A Home Economist working with community groups should be a person capable of giving guidance in various phases of family life.
3. The teaching of nutrition to women of the economic and educational level of the groups contacted in this program is, in the opinion of the directors, more effective when done in conjunction with the preparation of food than when done through the lecture method.
4. Techniques and devices which seemed particularly successful are:
  - (1) Organizing of groups into clubs.
  - (2) Using folders for mimeographed sheets.
  - (3) Distributing mimeographed sheets having recipes and menus prepared in the demonstration.
  - (4) Using exhibits:
    - (a) To display food in the three meals of the day.
    - (b) To compare food value
    - (c) To compare food costs
    - (d) To show good and poor selection in food buying.



- (5) Serving portions of food prepared during the demonstration.
  - (6) Using Simple graphic charts such as food value charts, adjustable charts, etc., to emphasize food values and food needs.
  - (7) Using dramatic technique such as dropping nickels into jar to indicate sum of money spent in a month by a child having a nickel a day for candies, gum, popsicles, etc.
  - (8) Using pictures and illustrations showing nutrition deficiencies and interpreting these to the group.
5. Specific plans should be made for the care of children while mothers attend the meetings.
  6. Consultation service given during home visits were more effective than office conferences.
  7. Home visits are one of the most successful means of interesting the people and learning their needs and interests. Directors, in similar programs, should allow ample time for home visiting throughout the project.
  8. The use of educational films proved very successful in reaching other members of the family and other families in the community. The directors feel that it would be advisable to allow specific time for the showing of educational films.
  9. One person serving full time as assistant to the directors is better than several part-time people.
  10. Specific problems of the group should be used as the basis for the demonstrations, and discussions. Although all three groups had difficulty in making formal statements of their problems, the directors were able to glean suggestions concerning their problems from conversations and informal statements made by the homemakers.



## EXHIBIT " A "

### PLAN FOR DEMONSTRATION PROGRAM IN NUTRITION IN LOW COST HOUSING PROJECTS

#### Objects of Project:

1. To interest the families living in the projects in good nutrition for the family group.
2. To develop and carry out nutrition programs suitable for three different racial groups.
3. To test the effectiveness of procedures used by a careful check-up of the extent to which home practices have been affected.
4. To present procedures and results of the project in such a form that they could be used as a guide in similar projects in low cost housing units.

#### Proposed Place:

The three low cost housing units in Austin, Texas -- for Latin Americans, Anglo-Americans, and Negroes. Available at each unit are rooms for talks and demonstrations. These are equipped with stove, sink, table, refrigerator, and cooking and serving utensils. The use of these rooms has been promised by the housing authorities and cooperation of the housing authorities has been secured.

#### Proposed Time:

Work should be started by March 1st. Some time would have to be spent on preliminary plans and on getting material in final form. Actual demonstrations should run from March 15 to June 15.

#### Plans for Carrying out Project:

1. It is suggested that the project be set up as a club for women in the various units with a separate club for each unit. Meetings would be held once a week to discuss the principles of nutrition and problems of food selection and preparation. Cooking demonstrations would be given with samples of the product available. Efforts would be made to have the women participate in the meetings, and extensive use would be made of films, posters, mimeographed material, commercial material, exhibits, etc. Suggested menus and recipes would be distributed each week. These menus would contain foods supplementing well liked dishes and will be planned in accordance with the amount of money the families can spend for food and the foods available to the families living in the housing units. Some time would be devoted to explaining ration points.
2. Consultation with individual women who need help with their food problems. Efforts would be made to interest them in keeping food consumption records and in bringing these to the consultant for suggestions. This service would extend through the entire period.





3. Preparation and serving of some of the meals on the previously distributed menus. This might be done either in the homes of some of the women with a few neighbors participating or it could be done at the center for a larger number of people. Breakfasts, lunches, dinners, box lunches for men and children, and simple nutritious refreshments for entertaining should all be demonstrated. This would afford an excellent opportunity for emphasizing cleanliness and attractiveness in food preparation and serving. The women would participate.

#### Proposed Personnel:

Two full-time people, a director and an assistant director, with training and experience in both nutrition and social service work. Since the Latin-American group presents a very special problem, we wish to have someone who speaks Spanish and who has had experience in working with this group as assistant director. Three part-time people, one for each unit, to help with the setting up of exhibits and with preparation for and cleaning up after the demonstrations. These might be selected from women living at the unit.

#### Working Plans:

The suggestions of this project comes from the sub-committee on Research of the Texas State Nutrition Committee and the plan has the approval of the State Committee and Regional Nutritionist. Members of the Research Committee will be glad to make further suggestions or to help with illustrative materials. The director of the project would, of course, have to be free to work out details or to make changes if it seemed feasible. The project will, of course, be under the general supervision of the Regional Nutritionist. The project must also be coordinated with the programs already in process. Contact has been made with the agencies and organizations sponsoring these programs and with those conducting them. They have offered consultant service and promised cooperation. All seem eager to have the suggested project carried out. It is believed that a certain amount of social welfare activity is common to all housing projects and that any program would have to be integrated with those already in progress. Very little has been done directly in the nutrition field and there is a home economist available only in the Negro unit. A plan for a follow up would be left with the housing unit supervisor. And the agencies already at work could carry on after the intensive nutrition program has been discontinued.

Difficulties in obtaining personnel are not anticipated provided the project can be gotten under way soon. Two well-trained people, already familiar with the situation in the housing units will soon be available. Both are married and their husbands are to be inducted in the armed forces. Both would be very acceptable to everyone concerned and we believe their services could be secured. Of course, it is always possible they will be "snapped up" for other positions.



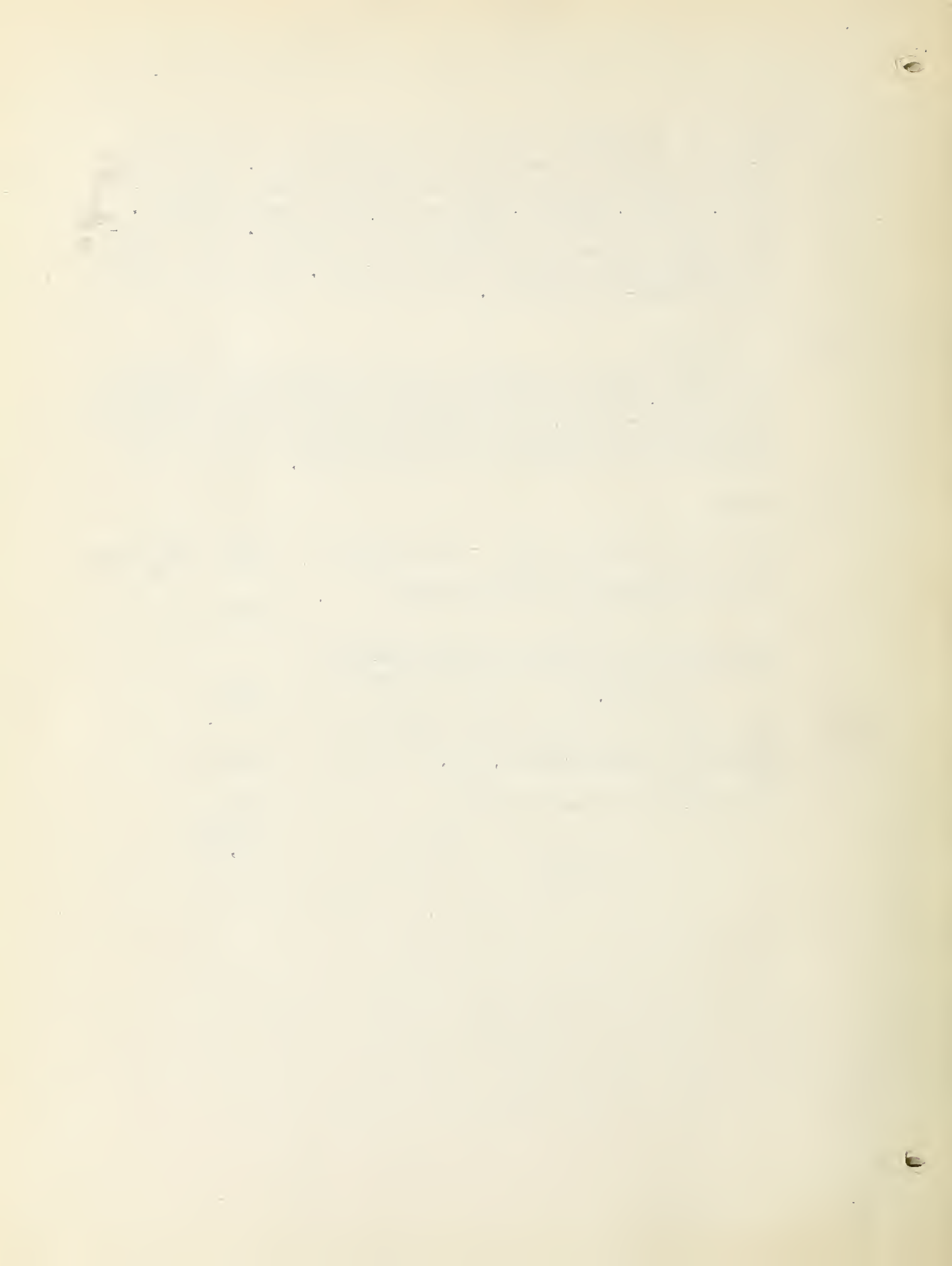
Last year an analysis was made of the diets of representative groups of women from each of the housing projects. Duplicates of food actually consumed were obtained and analyzed for calories, protein, minerals, and four of the B-complex vitamins. The analysis showed the dietaries to be deficient. It is possible that funds could be obtained for a similar check-up after the demonstration project has been finished. This would furnish another check-up on results.

#### Topics for Discussion:

These would include: relation of food to health; food selection; preparation, and nutritive value; the reason for food rationing and the point-system; meal planning for adequacy and palatability; packed lunches for adults and children; selection of food when eating out; and checking up on your nutrition.

#### Proposed Budget:

Director at \$175 per month - four months	\$700
Assistant Director at \$150 per month four months	\$600
Three assistants at \$20 per month (Working only two days per week for three months.)	\$180
For obtaining or making illustrative material for mimeographing, etc.	\$250
For material for demonstrations	\$150
Total	<u>\$1,880</u>



## EXHIBIT "B"

The materials included in this section are those which were used in the organization and execution of the WOMEN ON THE FOOD FRONT CLUB at each of the Low-Cost housing projects in Austin, and was part of the Demonstration Program in Nutrition described in the main report.

The material is presented in such a way that it may be used as a guide in similar programs.

The food value of individual servings used in the meals demonstrated at each meeting was calculated as a part of the preparation for the meeting

Three calculations are attached, namely:

Meals for One Day	Demo. #2
Breakfast Menu	Demo. #7
Meal Prepared at Rosewood Court	Demo. #14





Sorry I missed you. I called to tell  
you about the Women in Nutrition Club which  
will start soon at this Housing Project.  
We will meet in the hall and the time will  
be announced in a bulletin. Watch for it.  
I hope you can come.

---

Food Demonstrator

#### REGISTRATION CARD

Name \_\_\_\_\_ Address \_\_\_\_\_

No. Adults in family \_\_\_\_\_ No. Children \_\_\_\_\_ Ages \_\_\_\_\_

Occupation of Husband \_\_\_\_\_ Wife \_\_\_\_\_

Occupation of other members of family \_\_\_\_\_

How many members of family take a box lunch? \_\_\_\_\_

What would you like to know most about food? \_\_\_\_\_

---



Member of the

## *Women on the Food Front Club*

This certifies that

\_\_\_\_\_ is enrolled as a member of the  
**WOMEN ON THE FOOD FRONT CLUB**

\_\_\_\_\_  
DIRECTOR

\_\_\_\_\_  
CO-DIRECTOR

### **The Women on the Food Front Pledge**

I PLEDGE MYSELF:

to attend the meetings of The Women on the Food Front Club whenever possible, to cooperate with the Women on the Food Front Program, and to try to carry out in my own home the things I learn in this Club.

## *Women on the Food Front Club*

presents

### *This Certificate of Merit to*

\_\_\_\_\_ who has accepted the Pledge of the Club and has taken part in the  
**Nutrition Demonstration Program.**

\_\_\_\_\_  
DIRECTOR

\_\_\_\_\_  
CO-DIRECTOR



TEA ON FRIDAY AFTERNOON

The Housing Authority is happy to announce the opening of a cooking and nutrition class sponsored by our Government in Washington.

Each of you is invited to a tea on Friday afternoon, April 30th, at 4:00 P.M. in the Recreation Hall. Mrs. Cromack and Mrs. Land will be present to tell you more about the program. The Rosewood Project is the only Negro Housing Project in this entire region to be given this opportunity.

You will be offered individual conferences in your homes and weekly food demonstrations in the Recreation Hall. There is no charge.

Come to the party and hear all about it. Refreshments will be served.

HOUSING AUTHORITY OF THE  
CITY OF AUSTIN

*Martha A. Kershner*  
Tenant Counsellor



1

The first of these is the fact that the

second of these is the fact that the

third of these is the fact that the

fourth of these is the fact that the

fifth of these is the fact that the

sixth of these is the fact that the

seventh of these is the fact that the

eighth of these is the fact that the

ninth of these is the fact that the

tenth of these is the fact that the





## OUTLINES

### INITIAL MEETING

#### A SOCIAL ACTIVITY

1. Introduce personnel
2. Give nature and scope of program
3. Discuss organization of club
4. Discuss the proposed plan for demonstrations
5. Discuss consultation service. Give information as to what can be accomplished through such service. Invite women to come in for this service.
6. Explain registration and membership in club
7. Give opportunity to register
8. Serve Refreshments
9. Give opportunity for informal discussion

#### POINTS TO MAKE CLEAR

Open to all homemakers living on project.

Membership is voluntary.

Attendance possible without being a member.

No examination at end of course.

Benefits derived from attending one demonstration.

If you miss a meeting feel free to come to others.



## Introductory Demonstration

### I. Preparation before demonstration

1. Put up exhibit charts
2. Clean preparation centers; wash dishes and equipment needed; arrange demonstration table with food and utensils needed for first dishes to be prepared; have side table arranged with others; as a dish is prepared the co-director or assistant removes used articles and replaces with articles for next preparation.

### II. Introduction

1. Present membership cards
2. Registration of new members

### III. Discussions (not over 10 or 15 minutes)

1. General interest in good health
2. Part food plays in general good health
3. Food needed every day. Distribute leaflet "Food for Growth" - U. S. Dept of Agriculture, and discuss list of foods.
4. Refer to charts on food needs. Say, "This is a picture of what we need for one day. We will look at this chart from time to time." (Note: Do not go into a detailed discussion on food needs and food shares. The women are not ready for that.)
5. What do we mean by good health? Distribute "Feeding the Child for Health." Discuss illustration on last page; also pass book open to pictures of results of deficiencies, Vitamins and Minerals for Everyone, Pattee and Munsell.

### IV. Demonstrations

1. Distribute menu sheet -- "We have planned a very simple inexpensive meal, one we hope will be tried in your own home." (Give cost and point value.)
2. Preparation
  1. Macaroni and Cheese
  2. Muffins
  3. Cabbage
  4. Salads

As each is prepared it is necessary to discuss every step very clearly and tell why. Also during the preparation discuss food value of each dish prepared.

1. Food value of milk and cheese
2. Food value of bread and special advantage of whole wheat flour.
3. Food value of cabbage. Reason for steaming for short time instead of boiling for long time. What to do



with vegetable juices.

4. Food value of salads -- Do we need raw vegetables?  
Reason for chopping and mixing just before serving.

3. Serve 1 plate -- Food value essentials of well balanced meal,  
size of serving, cost point value.

4. Serve club members from each dish prepared

#### V. Informal discussion

#### VI. Elect president and secretary.





## WOMEN ON THE FOOD FRONT

## MENU

Macaroni and cheese

Steamed Cabbage

Spring Salad

Evaporated milk dressing

Whole Wheat muffins

Margarine

Molasses

RecipesCream Sauce

2 T butter or margarine  
2 T flour

1 cup milk  
 $\frac{1}{4}$  t salt

Melt butter or margarine

Add flour, salt.

Stir well.

Add milk slowly, stirring all the time.

Boil 2 minutes, stirring all the time.

Whole Wheat Muffins

1 cup whole wheat flour  
1 cup white flour (enriched)  
 $\frac{1}{2}$  cup molasses  
1 t salt

1 cup milk  
1 egg, well beaten  
3 T melted lard  
3 t baking powder

Mix flour, salt, and baking powder.

Mix molasses, milk, egg, and melted lard.

Combine the two mixtures.

Place in greased muffin pans.

Bake 25 minutes in hot oven. (400 F)

Evaporated milk salad dressing

$\frac{1}{4}$  cup sugar  
 $\frac{1}{3}$  cup vinegar

$\frac{1}{2}$  cup evaporated milk  
 $\frac{1}{2}$  t salt

Chill the evaporated milk.

Beat evaporated milk with egg beater until thick.

Mix salt, sugar and vinegar.

Add slowly to the milk.



## MEALS FOR ONE DAY ----PREPARATION OF EVERY MEAL

Introductory greeting

Demonstration and discussion combined.

I. Distribute menu sheets

II. Prepare meat -- discuss recipe-food value, temperature, etc.  
Place of meat in diet.

III. Discuss menus planned for one day.  
Cost and point value of menus for day -- Check menus against food group chart, National Meat Board.

IV. Prepare Cornbread  
1. Method of preparation  
2. Food value of yellow corn meal as compared with white cornmeal.

V. Distribute leaflets on Vitamins  
1. Food Value of vegetables included in menus.

VI. Prepare squash --- steam

VII. Show cookies and go over recipe

VIII. Prepare Salad

IX. Serve 1 plate of supper menu--discuss the 3 meals -- show food value on adjustable chart. Compare with Food Needs Charts. Make adjustments in food value if milk was omitted, if carrots were omitted, if orange juice was omitted.

X. Serve

XI. Distribute  
1. "Share the Meat"  
2. "99 Ways to Share the Meat."  
3. "Vitamins from Farm to You."

XII. Charts displayed  
1. "Food Needs for Man"  
    Woman  
    Girl ---4 years old  
2. Adjustable Food Value Chart  
3. "Eat the Right Food" (National Meat Board)



# MEALS FOR A DAY

Food	Amounts	Cal.	Prot.	Calc.	Iron	A	B	B	C
Orange Juice	$\frac{1}{2}$ C	.67	0.3	1.15	0.9	1.65	2.25	0.2	26.2
Oatmeal	$\frac{3}{4}$ C	1.00	1.8	0.7	3.0		2.3	0.4	
White Milk	1 C	1.70	3.5	10.8	1.5	2.8	1.87	5.9	1.7
Whole Milk	$\frac{1}{4}$ C	.42	.87	2.7	.37	.7	.46	1.4	0.4
W. W. Toast	2 sl	1.1	1.6	0.6	1.6	<del>1</del>	1.4	0.4	
Margarine	1 T	1.0	0.1	0.1	0.2	2.3			
Cr, Potatoe Soup	$\frac{3}{4}$ C	2.0	2.5	5.5	3.5	3.1	2.2	3.4	2.2
W W Toast	1 sl	0.55	0.8	0.3	0.8	<del>1</del>	0.7	0.2	
Margarine	$\frac{1}{2}$ T	0.50	0.05	0.05	0.1	1.65			
Carrots (raw)	1 med	0.25	0.3	0.9	0.9	10.2	0.9	0.8	0.5
Prunes	4 Plus 4 T								
	Juice	1.50	0.3	0.7	2.4	2.8	0.5	1.3	
Meat Loaf	2 sl	3.00	14.6	1.4	13.2	2.0	2.6	4.2	
Squash	$\frac{1}{2}$ C	0.18	0.3	0.6	0.8	1.8	0.5	0.9	0.6
Cornbread	2 sl	4.0	4.2	3.0	3.0	11.0	4.8	3.8	
Salad Mixed	*	0.23	0.35	0.9	0.9	2.6	0.9	0.6	2.6
Salad Dr.	2 T	1.40							
Cookies	4 med	2.40	2.8	0.8	0.8	2.8	0.8	0.8	
Total	21.90	34.77	30.20	33.97	45.40	24.08	24.3	34.2	

\* Cucumber, turnip, carrot & onion.



1	1	A	A	A	7	A	A
	2	2		7	2	2	2
1	3	A	A	7	3	3	3
1	4	7	7	7	7	7	7
	5	7	7	7	7	7	7
		7	7	7	7	7	7

	6	7	7	7	7	7	7
	7	7	7	7	7	7	7
	8	7	7	7	7	7	7
1	9	7	7	7	7	7	7
	10	7	7	7	7	7	7
	11	7	7	7	7	7	7

	12	7	7	7	7	7	7
1	13	7	7	7	7	7	7
	14	7	7	7	7	7	7
1	15	7	7	7	7	7	7
	16	7	7	7	7	7	7
	17	7	7	7	7	7	7

	18	7	7	7	7	7	7
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1 2 3





## MEALS FOR ONE DAY

Breakfast

Orange juice  
Oatmeal with whole milk  
Whole wheat or enriched white bread  
Glass of milk  
Coffee, if desired

Lunch

Cream of potato soup  
Whole wheat or enriched white toast  
Carrot sticks, or raw garden vegetables  
Prunes

Supper

Meat and oatmeal loaf  
Cornbread with margarine  
Peanut butter cookies  
Cooked greens  
Mixed salad with oil dressing

## RECIPES

Cream of potato soup

$\frac{1}{2}$  cup chopped onion  
2 T margarine  
4 cups water  
4 cups potatoes, cut into small pieces

$1\frac{1}{2}$  t salt  
2 cups milk, fresh or evaporated

Cook onion slowly in margarine 5 minutes.

Add hot water, potatoes, and salt and cook slowly until potatoes are tender (about 20 minutes).

Add milk and heat again.

You may decorate the soup with chopped parsley or small pieces of fried salt pork or bacon.

Steamed Prunes

Wash prunes if necessary in cold water. If prunes seem dry, soak them in enough water to cover them for one hour. Then add  $\frac{3}{4}$  t of salt and cook in the same water you soaked them in. Cover the pan so the prunes will begin to boil quickly. As soon as they begin to boil turn the burner down low and cook until tender. This will be about 1 hour. Add 1 T sugar just before you take them off the fire.

Meat and Oatmeal Loaf

1 lb. ground meat and  $\frac{1}{2}$  lb. sausage  
or  $1\frac{1}{2}$  lbs. ground meat  
1 cup uncooked oatmeal  
1 T salt

$\frac{1}{4}$  t pepper  
 $\frac{1}{2}$  cup chopped onion  
1 can tomato soup or  $\frac{1}{2}$  cup milk

Mix meat, oatmeal, salt, pepper, onions, and  $\frac{1}{2}$  of tomato soup. If you wish you may add chopped celery or celery salt, also garlic and comino seed.

Bake  $1\frac{1}{2}$  hours in moderate oven (350°). 15 minutes before the loaf is done spread a little soup over the top. Use what is left in making gravy.

If you mix the loaf with milk make a brown gravy.

(Over)

Cornbread

1 cup cornmeal	3/4 t salt
1 cup flour	1 cup milk
2 T sugar	1 egg, well beaten
3 t baking powder	2 T melted lard or bacon fat

Mix and sift the corn meal, flour, sugar, baking powder, and salt.  
Add milk, egg, and melted lard.  
Bake 20 minutos in hot oven. (450°).

French Dressing

1 cup salad oil	2 t salt
6 T vinegar	1 t paprika (if you wish)

Mix all together. Chopped parsley, green pepper or onion may be added.  
This dressing is very good on vegetables.

Peanut Butter Cookies

1/2 cup lard	2 cups flour
1/2 cup peanut butter	3/4 t soda
1/3 cup brown or white sugar	1/2 t baking powder
3/4 cup dark corn syrup or molasses	1/4 t salt
1 egg	

Cream lard, peanut butter, and sugar together.  
Add corn syrup. Then add egg, well beaten.  
Mix and sift flour, soda, baking powder, and salt and add to the first mixture.  
Cool the mixture. Then make it into little balls. Mash with a fork to make cross marks.  
Bake 10 minutes in moderate oven. (350°).

## PACKED LUNCHES

Before demonstration, prepare Breakfast and Supper Menus for one person.

- I.    Introductory remarks
  1. Ask if any of the dishes prepared at previous demonstration have been prepared and with what results.
- II.   Demonstration and discussion
  1. Need for adequate packed lunch
  2. Points to consider in planning packed lunch:  
Nutritive value, carrying qualities, attractiveness, variety, etc.
  3. Points in preparing and packing a lunch.
  4. Preparing and packing two lunches given on sheet.
- III.   Serving samples of foods prepared for the two packed lunches.



## WOMEN ON THE FOOD FRONT

## TODAY'S NOON MEAL IS A LUNCH TO CARRY

Breakfast

Oatmeal with milk and sugar  
Whole wheat toast with margarine  
Milk  
Coffee for parents

Supper

Meat loaf  
Spanish rice  
Cooked greens  
Carrot and raisin salad  
Molasses drop cookies  
Milk

Lunch # 1

Bean sandwich on tortilla or enriched bread  
Peanut butter sandwich on whole wheat bread  
Carrot strips  
Molasses drop cookies  
Milk (bought at school or work)

Lunch # 2

Cheese sandwich on whole wheat bread  
Bologna sandwich on enriched bread  
Potato salad with cooked salad dressing  
Onions and radishes  
Baked custard  
Lemonade

## RECIPES

Baked Custard

2 cups milk, heated in double boiler       $\frac{1}{4}$  cup sugar  
2 or 3 eggs      Salt

Beat eggs slightly. Add sugar and salt. Pour on hot milk slowly. Strain and pour into greased baking dish. Set in pan of hot water. Bake in moderate oven (350°) until firm. When you can stick a knife in the custard and the custard does not stick, it is done. Take the baking dish out of the pan of water as soon as you take it from the oven.

Boiled Salad Dressing

$\frac{3}{4}$  t salt      1 egg or 2 egg yolks  
1 t mustard      2 T butter or margarine  
2 t sugar       $\frac{3}{4}$  cup milk  
2 T flour       $\frac{1}{4}$  cup vinegar

Mix salt, mustard, sugar, and flour. Add slightly beaten egg, margarine, milk, and vinegar very slowly. Stir and cook over boiling water until the mixture begins to get thick. Strain and cool.

Molasses Cookies

$\frac{1}{4}$  cup lard      1 t cinnamon  
 $\frac{3}{4}$  cup molasses       $\frac{1}{4}$  t soda  
1 egg       $\frac{1}{2}$  cup raisins  
2 cups flour       $\frac{1}{4}$  cup peanuts (if you wish)  
2 t baking powder

Cream lard. Add molasses and well beaten egg. Mix and sift flour, baking powder, cinnamon, and soda. Add chopped raisins, and peanuts if used. Bake in moderate oven (350°) about 15 minutes.

Sandwich Fillings

Bean sandwich filling: Mix  $\frac{1}{3}$  cup cooked, mashed beans with 1 t relish, salt, paprika, and  $\frac{1}{2}$  t salad dressing. Spread on buttered bread or tortillas.

Peanut butter may be mixed with the following for sandwich fillings: honey, chili sauce, salad dressing, chow chow, or margarine.

Cheese may be grated and mixed with salad dressing.







## TODAY'S SUPPER MENU -- AS A VEGETABLE MEAL

### Before demonstration

1. Put up exhibit for Breakfast and Lunch
2. Prepare enough oatmeal hurry-ups to serve members
3. To facilitate preparation, purchase one serving of enchiladas and frijoles refritas.

### I. Introductory Remarks

1. Greeting
2. Ask if anyone made anything prepared at last demonstration at home.

### II. Discussion

1. Diet deficiencies, look at chart, "Eat the Right Food." Tell what each food does. Protective value of food.
2. Review planning of menus which are given on sheet.
3. Check against food groups.
4. Food Value Chart showing value of meals.

### III. Demonstration

1. Prepare boiled custard -- discuss food value and method of preparation. Assistant demonstrator prepares cornbread.
2. Show vegetables -- discuss food value; preparation; loss of food value.
3. Prepare beans
4. Prepare potatoes
5. Prepare squash

### IV. Serve one place to show amount necessary for one serving and proper arrangement of food on plate.

### V. Serve



WOMEN ON THE FOOD FRONT  
TODAY'S SUPPER MENU IS A VEGETABLE MEAL

Breakfast

Stewed Prunes

Oatmeal Hurry-Ups Margarine Molasses

Milk Coffee (adults)

Lunch

Enchiladas

Shredded Cabbage and Grapefruit Salad

Prijoles refritos

Milk

Coffee (adults)

Supper

Green Beans seasoned with Bacon

New Potatoes with Cream Sauce

Steamed Squash

Cornbread Margarine

Boiled Custard

## Recipes

Oatmeal Hurry-Ups

1 c. sifted flour

3 t. baking powder

3 T. Shortening

 $\frac{1}{2}$  t. salt $1\frac{1}{2}$  c. oatmeal $1\frac{1}{4}$  c. milk

Sift flour, salt and baking powder together. Add oatmeal. Cut the shortening in. Stir in the milk. Drop by teaspoonsful on a well greased baking sheet. Bake at 450 degrees for 15 minutes.

Directions for cooking the vegetables in the supper.

Place the vegetables in a small amount of salted water.

Have the water boiling when you add the vegetables.

Cover with a lid that fits tightly.

As soon as the water begins to boil after you add the vegetables turn the burner down.

Cook only until the vegetables are tender.

Serve the juice with the cooked vegetable or use it in soup or sauce.

Boiled Custard

3 c. milk

3 eggs

3 T. sugar

salt

Scald the milk. Beat the eggs slightly, add the sugar and salt, then add milk slowly. Return to the double boiler and cook, stirring slowly and constantly until the mixture thickens. Remove from stove.



## FEATURING ONE-DISH MEAL WITH MEAT

Before demonstration: Prepare Ministrone  
Cook cornmeal and brown meat for tamale pie  
Brown meat for casserole and simmer until meat  
is almost done.  
Prepare Six-layer dinner.

### I. Introductory remarks

### II. Demonstration and discussion

1. "Request has come for one-dish meals -- Today we are giving recipes for 4 of them. We used inexpensive meats which required long slow cooking, therefore it was necessary to begin these before the demonstration." Give cost of each.
2. Finish tamale pie and bake
3. Finish beef casserole
4. Show six-layer dinner and discuss how it was made
5. Show ministrone and discuss its preparation. Add cabbage.

### III. Discussion

1. Meaning of one dish meal
2. What to combine with it
3. Planning other menus for day
4. Show food value on chart

### IV. Serve 1 plate of supper menu--discuss size of servings.

Exhibit together with breakfast and lunch

Compare food value and check against food groups needed

Adjustment needed for 15 year old

Adjustment needed for 4 year old

### V. Serve

### VI. Present the check sheet "Have I had these Foods?" Ask cooperation in checking these.

### VII. Illustrative material

Adjustable Charts

Food Need Charts

Eat the Right Food Chart

Posters on Food Groups

Have I had These Foods? Check List





## WOMEN ON THE FOOD FRONT

Today's Special Is the One-Dish MealBreakfast

Tomato Juice  
Cornmeal Hotcakes  
Margarine  
Molasses  
Milk

Lunch

Peanut Butter Sandwiches  
Cabbage Slaw  
Milk

Supper

Beef Casserole  
Mixed Vegetable Salad  
Enriched White or Whole Wheat Bread

## RECIPES

Beef Casserole

Roll one lb. of stew meat in flour which has been seasoned with salt and pepper. Brown in a small amount of hot fat. Cover with hot water and cook slowly until tender (at least one hour). Add carrots, onions, and potatoes and cook slowly until they are tender. Other vegetables such as turnips, celery, green peppers, or green beans may be used if you have them. Thicken the gravy before serving.

If you wish you may place biscuits on top of the stew when the vegetables are nearly done and finish the cooking in the oven.

Six Layer Dinner

2 c potatoes, cut in cubes	2 c canned or fresh tomatoes
2 c hamburger meat	$\frac{1}{4}$ c green pepper, chopped
1 c carrots, sliced	1 t salt
$\frac{1}{4}$ c onion, chopped	$\frac{1}{2}$ t pepper

Place in greased baking dish in the order named, adding a little bacon fat or margarine to each layer. Bake slowly 2 hours.

Tamale Pie

$1\frac{1}{2}$ lb. stew meat	1 onion
2 c yellow corn meal	1 green pepper
2 t salt	3 T fat
4 c boiling water	2 c canned tomatoes

Cover stew meat with hot water and cook slowly until tender.

Add the 2 c corn meal slowly to the 4 c boiling water, stirring all the time. Cook 40 minutes, stirring once in a while.

Cook the onion and green pepper in the 3 T of fat. Add the tomatoes and the meat which has been cooked and chopped. Season with salt, pepper, chile powder, garlic, comino seed, or any seasoning you like.

Place the cornmeal mixture around the inside of a greased baking dish. Add the meat mixture and cover with the rest of the cornmeal mixture.

Cook 25 minutes in a hot oven.

### Ministrone

1 lb. shin of beef with bone	1 c string beans
3½ qts. cold water	2 c cabbage, shredded
3 T salt	1 c Carrots, diced
1 c dried white or pinto beans	1 c canned tomatoes
2 T bacon drippings	½ c spaghetti
2 cloves garlic	grated cheese
½ c onions	
½ c parsley	
¼ t pepper	

Place shin of beef in a large kettle. Add water, 2 T of salt, and beans. Cover and bring to boil. Then skim. Recover and simmer 4 hours. Heat bacon drippings in skillet. Brown garlic and remove. Saute onion and parsley. Remove bone from stock. Add salt, onion, parsley, and other ingredients except spaghetti and cheese. Cover and simmer 30 minutes. Add spaghetti and cheese. Cover and simmer 30 minutes. Add spaghetti and cook 10 minutes. Serve. Pass cheese to sprinkle on top.

### Biscuits

2 cups flour	4 T shortening
3 t baking powder	¾ c milk
½ t salt	

Sift flour, and measure. Sift together flour, baking powder, and salt. Add shortening and cut in with knives or fork. Add liquid. The dough should be soft. Turn on floured board and toss lightly until outside smooth. Bake in hot oven for 12 minutes.

### Cornmeal Hotcakes

1 c flour	½ t salt
1 c yellow cornmeal	1 egg
3 t baking powder	1 ¾ c milk
	4 T melted shortening

Sift flour, measure. Sift together flour, cornmeal, baking powder, and salt. Beat egg and add milk and shortening. Add to flour mixture. Mix well. Drop by spoonfuls on slightly greased skillet.

## FEATURING ONE DISH MEALS WITHOUT MEAT

- I. Preparation before demonstration
  1. Cook Macaroni and eggs, make salad dressing
  2. Cook vegetables to be used in vegetable dishes
  3. Bake Beans
  4. Prepare and exhibit breakfast and lunch menus (preparing enough hot cakes for samples)
  5. Measure ingredients for w. w. muffins  
Assisting demonstrator can mix and bake them during demonstration
- II. Introduction
  1. Check on preparation of dishes previously prepared
  2. See if any one brought in check list. "Have I had These Foods Today?"
- III. Demonstration
  1. Recall last demonstration -- advantages of dishes
  2. Contrast the recipes given this time with those in previous demonstration.
- IV. Preparation
  1. Prepare macaroni-egg salad -- Give food value and cost.
  2. Prepare peanut vegetable loaf -- food value, cost, use of left-overs.
  3. Prepare vegetable casserole-- food value, cost, use of left-overs.
  4. Show baked beans -- discuss preparation, length of time -- food value, cost, etc.
  5. Discussion
    - Menu planning
      - (1) Write list of food groups on blackboard and check menu on sheet.
      - (2) Show posters of food groups
    - Vitamins and vitamin deficiencies
      - (1) Show vitamin chart; read positive effects from chart
  6. Prepare salad
- V. Show finished products -- serve individual serving of supper menu. Exhibit with other two meals. Discuss adequacy, etc. Show adequate food value charts.
- VI. Serve samples of one dish meals and remainder of supper menu. Also serve hot cakes
- VII. Illustrative materials
  - Vitamin picture
  - Posters on food groups
  - Chart
  - Adjustable charts
  - Food Needs Charts





# WOMEN ON THE FOOD FRONT

# 6

TODAY'S SPECIAL IS THE ONE-DISH MEAL WITHOUT MEAT

## Breakfast

Cornmeal Mush      Milk  
Molasses  
Enriched White Toast  
Margarine  
Milk  
Coffee (Adults)

## Lunch

Broiled Hamburger on Bun  
Sliced Tomatoes  
Gingerbread  
Milk

## Supper

Peanut Vegetable Loaf with Tomato Sauce  
Raisin and Apple Salad  
Whole Wheat Muffins      Margarine

## RECIPES

### Peanut Vegetable Loaf

$\frac{1}{2}$ C Bread Crumbs	1 C Canned Tomatoes
1 C Cooked Rice	$\frac{1}{2}$ C Peanuts
1 C Cooked Carrots	5 T Fat
1 C Canned Peas	1 t Salt

Save  $\frac{1}{2}$  the crumbs.

Combine all other ingredients.

Pack in oiled loaf pan.

Sprinkle remaining crumbs over top.

Bake for 30 to 50 minutes in moderate oven. (350°)

Serve with tomato sauce. White sauce, cheese sauce or meat gravy may be used.

### Tomato Sauce

1 C Canned Tomatoes	1 $\frac{1}{2}$ T Bacon Drippings
$\frac{1}{2}$ t Salt	1 $\frac{1}{2}$ T Flour
1 T Chopped Onion	

Simmer the tomatoes, salt, and onion. Put through strainer. Melt bacon drippings and add flour, then add the liquid gradually, and cook until sauce thickens.

### Baked Beans

2 C Dried Beans	1 Medium Sized Onion
$\frac{1}{2}$ t Dry Mustard	6 Thin Slices Bacon
$\frac{1}{2}$ C Molasses	4 T Catsup
2 T Brown Sugar	

Cook beans until they are tender. Then add mustard, molasses, sugar, and onion which has been quartered. Pour into greased baking dish or bean pot. Arrange strips of bacon on top and bake in a slow oven for 4 hours. Leave dish covered the first 3 hours, and remove cover last hour.

### Macaroni and Egg Salad

Combine 3 C cooked macaroni, 3 chopped hard-cooked eggs, 2 T chopped onions, and 2 T chopped green peppers with  $\frac{1}{2}$  C boiled salad dressing. Season with salt, pepper, and paprika. Some other vegetables such as celery, cooked or raw carrots, pickled beets, pickles, or cooked beans or peas could be added.

### Vegetable Casserole with Cheese

Combine 1 cup each of cooked carrots, potatoes, and green beans with 2 cups of white sauce. Put a layer of mixture into greased baking dish, add a layer of grated cheese. Add layer of mixture, layer of cheese, and layer of mixture. Top with bread crumbs. Bake at 350° F. for 30 minutes. (Note: Any combination of vegetables may be used. The cheese may be omitted. Mashed potatoes could be spread over top. This is a good dish for using bits of left-overs.)

### White Sauce

1 C Milk	2 T Butter or Shortening
2 T Flour	$\frac{1}{4}$ t Salt
$\frac{1}{8}$ t Pepper	

Melt butter, add the flour and combine thoroughly. Add the cold milk and stir until the sauce thickens. Add the salt and pepper.

### Cornmeal Mush

Add 2 cups of corn meal slowly to 4 cups of boiling salted water. Stirring all the time. Cook in double boiler for 40 minutes. Stir once in a while to keep from lumping.

### Gingerbread

$\frac{1}{2}$ C Sugar	$1\frac{1}{2}$ t Soda
$\frac{1}{2}$ C Lard	1 t Cinnamon
1 Egg	1 t Ginger
1 C Molasses	$\frac{1}{2}$ t Cloves
$2\frac{1}{2}$ C Sifted Flour	$\frac{1}{2}$ t Salt
1 C Hot Water	

Cream shortening and sugar. Add beaten egg, molasses, the dry ingredients which have been sifted together. Add hot water last and beat until smooth. The batter is soft, but it makes a fine cake. Bake in greased shallow pan 35 minutes in moderate oven (325° to 350° F). This can be baked in muffin tins.

### Whole Wheat Muffins

1 C Whole Wheat Flour	3 t Baking Powder
1 C General Flour	1 Egg
$\frac{1}{2}$ t Salt	3 T Melted Fat
2 T Sugar (molasses may be used)	1 c Milk

Sift and measure flour. Add the other dry ingredients and sift into a bowl. Beat the egg, add the milk, and melted fat, and combine the liquid with the dry ingredients. Drop into greased muffin tins and bake at 400° F. for about 20 minutes.

### Broiled Hamburger

Season ground meat with salt, pepper, chopped onion, green pepper if desired. Spread thin layer on slices of bread or hamburger buns cut in half. Be sure meat is spread over edges of bread. Place in broiling pan under the flame until cooked through. This takes about 6 or 8 minutes. Serve hot.



## FEATURING BREAKFAST MENUS

### I. Before demonstration

1. Prepare prune and cottage cheese salad
2. Fry bacon which is to be served
3. Prepare toast, glasses of milk, juices, cornmeal mush.
4. Arrange cereal exhibit of oatmeal, shredded cereal, puffed cereal. Show price, weight and number of servings.

### II. Demonstration

Distribute sheets -- tell general plan for demonstration

1. Prepare prunes -- discuss food value -- other dried fruits
2. Discuss cereal exhibits -- compare cost -- show that oatmeal and grapefruit juice could be bought for price paid for prepared cereal.
3. Reason for eating breakfast
4. Foods thought of as breakfast foods.
5. Prepare (bring out food value of each)
  - Coffee cake
  - Oatmeal hurry-ups
  - Biscuits
  - Cinnamon Toast
6. Fry cornmeal mush
7. Prepare egg dishes -- emphasize food value and proper temperature
  - Fry one egg in very hot grease -- be sure it sizzles. Fry one egg over low flame.
  - Bake egg
  - Poach egg
  - Scramble eggs (prepare enough to serve)

### III. Assemble individual servings of each breakfast

1. Discuss combination, adequacy -- whether or not they appeal to women.
2. Show food value charts charted for 2 sets of menus for a day.

### IV. Serve Grapefruit juice

Prune and Cottage Cheese Salad  
Bacon                      Scrambled Eggs  
Breads demonstrated  
Coffee

### V. Illustrative materials

Food Value and Food Needs Chart  
Exhibit on different kinds of cereals, showing weight, cost, and number of servings per box.



# FEATURING BREAKFAST MENU

	Cal.	Prot.	Calc.	Iron	A	B <sub>1</sub>	B <sub>2</sub>	C	Amt.
Grapefruit	.50	.2	.45	.60	.15	1.5	.15	19.0	$\frac{1}{2}$ glass
Scrambled Eggs	1.35	2.7	2.0	3.4	6.1	0.8	2.2		1 egg
Biscuit	1.00	1.3	0.9	0.5	0.5	0.3	0.5		2 sm biscuits
Margarine	1.00	0.1	0.1	0.2	3.3				1 T
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	5.55	7.8	14.25	5.20	12.85	4.8	8.75	21.0	
Fried Eggs	0.70	2.7	1.1	3.4	4.3	1.2	1.9		1 egg
Oatmeal Hurry									
Ups	2.00	3.1	1.7	3.5	0.5	2.6	0.9		2
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
Molasses	0.65	0.3	2.2	4.1					1 T
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	6.05	9.7	15.9	12.8	10.9	6.0	8.7	2.0	
Tomato Juice	0.30	.5	0.3	1.9	6.4	1.9	0.7	11.6	$\frac{1}{2}$ C
Poached egg	0.70	2.7	1.1	3.4	4.3	1.2	1.9		1 egg
Toast	1.20	1.6	0.8	2.0		1.8	0.4		2 sl
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	3.90	8.3	13.0	8.8	13.5	7.1	8.9	13.6	
Shreddies	1.0	1.4	0.4	3.1		1.4	0.3		$\frac{1}{2}$ C
Milk	0.45	0.87	2.7	.39	.7	0.45	1.22	1.52	$\frac{1}{4}$ C
Baked eggs	0.70	2.7	1.1	3.4	4.3	1.2	1.9		1 egg
W.W.Toast	1.50	2.4	1.2	4.4		3.2	.6		
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
	6.35	10.97	16.3	13.6	11.1	8.45	9.92	2.5	
Prunes	1.50	0.3	0.7	2.4	2.8	0.5	1.3		4
Fried cornmeal									
Mush	1.00	1.1	0.2	0.7	1.2	0.8	0.2		$\frac{3}{4}$ C
Salt Pork	.50	.7	0.05	0.7		0.15	0.1		2 sm pcs.
Molasses	0.65	0.3	2.2	4.1					1 T
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	5.35	5.9	13.95	9.4	6.8	3.65	7.5	2.0	
Cream of wheat	1.00	1.3	0.2	0.6					$\frac{3}{4}$ C
Raisins	0.85	0.3	0.6	2.2	0.1	0.7	0.4		$\frac{1}{4}$ C
Milk	0.45	0.87	2.7	0.39	0.7	0.45	1.22	0.5	$\frac{1}{4}$ C
Coffee Cake	2.6	3.6	2.8	2.0	2.4	1.0	1.8		1 pc
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	7.60	9.67	17.2	6.99	9.3	4.35	9.32	2.5	



# FEATURING BREAKFAST MENU (Cont'd)

	Cal	Prot.	Calc.	Iron	A	B <sub>1</sub>	B <sub>2</sub>	C	Amt
Grapefruit juice	.50	.2	0.45	.60	0.15	1.5	.15	19.0	$\frac{1}{2}$ C
Oatmeal	1.00	1.8	0.7	3.0		2.3	0.4		$\frac{3}{4}$ C
Milk	0.45	0.87	2.7	.39	.7	0.45	1.22	0.5	$\frac{1}{4}$ C
Cinnamon Toast									
Bread	1.20	1.6	0.8	2.0		1.8	0.4		2 sl
Sugar	.50								
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.	1 glass
	6.35	8.07	15.55	6.79	5.95	9.25	8.07	21.5	





TODAY WE ARE FEATURING BREAKFAST MENUS

Breakfast

Grapefruit Juice  
 Scrambled Eggs  
 Biscuit                      Margarine  
 Milk              Coffee

Or

Grapefruit Juice  
 Oatmeal                      Milk  
 Cinnamon Toast  
 Milk                      Coffee

Or

Tomato Juice  
 Poached Egg on Toast  
 Milk                      Coffee

Lunch

Prune and Cottage Cheese Salad  
 Peanut Butter Sandwiches  
 Bread Pudding  
 Milk

Supper

Lima Beans with Weiners  
 Steamed Greens  
 Carrot and Apple Salad  
 Cornbread  
 Margarine                      Molasses

Breakfast

Cream of Wheat with Raisins      Milk  
 Coffee Cake                      Margarine  
                     Milk              Coffee

Or

Prunes  
 Fried Cornmeal Mush  
 Salt Pork  
 Molasses  
 Milk                      Coffee

Or

Shreddies              Milk  
 Baked Eggs  
 W. W. Toast                      Margarine  
 Milk                      Coffee

Or

Fried Eggs  
 Oatmeal              Hurry-Ups  
 Margarine                      Molasses  
 Milk                      Coffee

Lunch

Scalloped Potatoes with Cheese  
 Harvard Beets                      Cabbage Slaw  
                     Bread  
                     Milk

Supper

Liver Smothered with Onions  
 Rice                      Sliced Tomatoes  
 Chocolate Pudding  
 Bread                      Margarine  
                     Lemonade

R E C I P E S

Biscuits

2 c flour  
 3 t baking powder  
 ½ t salt

4 T shortening  
 ¾ c to 1 c milk

Sift flour and measure. Sift together flour, baking powder, and salt. Add shortening and cut into flour mixture with knives or fork. Add liquid. The dough should be soft. Turn on floured board and toss lightly until outside is smooth. Bake in hot oven for 12 minutes.

### Oatmeal Hurry-Ups

1 c sifted flour	$\frac{1}{2}$ t salt
3 t baking powder	$1\frac{1}{2}$ c oatmeal
3 T shortening	$1\frac{1}{4}$ c milk

Sift flour, salt, and baking powder. Add oatmeal. Cut in shortening. Stir in the milk. Drop by teaspoonsful on a well-greased baking sheet. Bake at 450°F for 15 minutes.

### Coffee Cake

2 c sifted flour	6 T shortening
2 t baking powder	1 egg, well beaten
$\frac{3}{4}$ t salt	$\frac{1}{2}$ c milk
$\frac{1}{2}$ c sugar	

Sift flour once; measure; add baking powder, salt, and sugar; and sift again. Cut in shortening. Combine egg and milk; add to flour mixture, stirring until mixture is blended. Turn into greased pan.

Mix  $1\frac{1}{2}$  T melted margarine, 4 T sugar, 1 T flour, and  $\frac{1}{8}$  t cinnamon together. Spread this mixture on top of coffee cake. Bake in a hot oven for 25 or 30 minutes. Cut in wedges while in pan and remove pieces separately.

### Cinnamon Toast

Mix  $\frac{1}{2}$  t cinnamon and 4 T sugar. Sprinkle this mixture over bread which has been spread with margarine. Put on baking sheet and place in broiler to toast. Serve while hot.

### General Directions for Cooking Cereals

Many cereals come with directions and proportions printed on the box. These are some general directions to follow: 1. Add salt to boiling water. 2. Have water boiling when cereal is added. 3. Add cereal slowly. 4. Stir constantly when adding cereal. 5. Lower flame when cereal begins to boil. 6. Use double boiler when possible.

### Stewed Dried Fruits

Wash fruits if necessary. If fruit seems dry, soak in enough water to cover them for one hour. Then add  $\frac{1}{4}$  t salt and cook in the same water in which they were soaked. Cover cooking vessel so fruit will begin to boil quickly. As soon as fruit begins to boil, turn burner down low and cook until fruit is tender. This will take about 1 hour. Add 1 T sugar just before removing from fire.

### Scrambled Eggs

Allow 1 egg for each person to be served. Beat eggs and add 1 T milk for each egg. Salt as desired. Pour into slightly greased warm skillet. Cook over very low flame, stirring occasionally until eggs are creamy. Do not over cook.

### Baked Eggs

Break eggs into greased custard cups or muffin tins. Put 1 T milk over each egg. Bake in oven at 300°F until eggs are as firm as you like them.

### Fried Eggs

Use a small amount of fat in skillet. Cook over a very low flame. Turn if desired.

### Poached Egg

Use a skillet or sauce pan. Bring water to boiling point. Break egg and place in boiling water. Lower flame and let egg simmer until it is firm.

## VARIETY MEATS AND FISH DISHES

### I. Before demonstration

1. Prepare kidney stew to be used for pie
2. Boil tongue
3. Baked stuffed heart
4. Boil brains
5. Fish chowder
6. Spanish sauce  
(assistant slice tomatoes and cook brown rice during demonstration)

### II. Introductory remarks

### III. Discussion

1. Distribute menu sheets
2. Discuss general plan for demonstration
3. Read menus and check against chart of food groups
4. Show food value chart for the 3 meals (tongue on supper menu)
5. Discuss use of protein in body. Show chart on protein foods.
6. Discuss the variety meats and fish
7. Compare food value of liver, ground meat, and fish
8. Other foods needed for well balanced menu

### IV. Preparation

1. Prepare baked liver
2. Finish kidney pie, discuss preliminary preparation
3. Show tongue (skin tongue) discuss various ways of serving tongue.
4. Heart--Show finished baked stuffed heart and tell about its preparation.
5. Fish Chowder -- show finished product -- discuss preparation
6. Bake Fish

### V. Show finished dishes and relate them to recipes repeat information on food value and menu planning

### VI. Serve samples of meats and fish

sliced tomatoes  
brown rice  
bread - margarine  
Lemon-Apple Juice drink

### VII. Illustrative materials

Food value charts  
Charts on food needs





TODAY WE ARE FEATURING VARIETY MEATS AND FISH DISHES IN THE SUPPER MENU\*

Breakfast

Grapefruit Juice  
Scrambled Eggs  
Biscuit                      Margarine  
Milk                          Coffee

Lunch

Macaroni and Egg Salad  
Buttered Beets  
Corn Bread Sticks                      Margarine  
Cane Syrup  
Milk

\*Supper

Sliced Hot Tongue  
Steamed Yellow Squash  
Sliced Tomatoes  
Brown Rice  
Enriched Bread                      Margarine  
Stewed Prunes

R e c i p e sBoiled Tongue

Scrub the tongue thoroughly with a brush. Cover with hot water, add 1 t to 2 t salt and simmer till tender (2 to 3 hours usually). Cool in cold water until it can be handled. Lay on a plate or tray. With a knife, split the skin on the under side of the tongue and pull off all the skin. Slice the tongue for serving hot, or return it to the broth to cool for use in other ways. The thicker portion is best for slicing, while the tip and base may be ground or cubed for salads, stews, loaves, or sandwiches. (Note: Bay leaf, cloves, celery, etc., may be added when boiling the tongue.)

Kidney

Preparation of Kidney for Cooking. This is most important. Unless great care is taken in this preparation, the kidney will have a very strong flavor.

1. Wash the kidneys and remove the outer membrane.
2. Split through the center and remove all center veins and fat.
3. Soak the kidney in cold water to which salt has been added in the ratio of  $\frac{1}{2}$  t to 1 pint of water for 30 minutes. Change the water and soak for another 30 minutes.

Preliminary Cooking.

1. Cover the kidney with cold water and heat slowly to the boiling point.
2. Discard water and rinse the pan.
3. Repeat three times or until there is no scum on the water and no strong odor.
4. Add fresh hot water and simmer until tender.

Kidney Pie

1 lb. kidney	$\frac{1}{4}$ t sage
1 t salt	$\frac{1}{4}$ c chopped onions
$\frac{1}{2}$ t pepper	$1\frac{1}{2}$ c tomato juice
$\frac{1}{4}$ c flour	

Cut the prepared kidney into strips or rather small cubes.

Sprinkle with salt and pepper and dredge with flour.

Brown in fat.

Add the sage and put into an oiled casserole, adding the onion and tomato juice.

Bake in a slow oven (250°F) about 30 minutes.

Remove from the oven, cover with biscuit crust, and bake in a hot oven (425°F) about 30 minutes.

### Baked Stuffed Hearts

3 calf or lamb hearts, or 1 beef heart\*    Flour seasoned with salt and pepper  
Bread stuffing    4 T fat or drippings

Clean hearts and remove fat, veins, and arteries. Fill hearts with bread stuffing. Tie strings around the hearts to keep the stuffing in. Roll in seasoned flour, and brown in the hot fat in a skillet. Place in deep baking dish. Rinse the skillet with hot water and pour over hearts. Add enough more water to half cover the hearts. Then cover and bake in a moderate oven (350°) for 2 hrs. Remove the hearts and slice. Serve with a gravy made by thickening the water in which the hearts were cooked.

\* If a beef heart is used, it will have to be cooked a longer time.

### Bread Stuffing

4 c day old bread crumbs	Pepper
1 t salt	4 T margarine or drippings
1 t powdered sage	3 T chopped onion
2 t chopped parsley, if desired	½ t celery salt, if desired

Melt fat, add onion, and simmer until tender. Add the other ingredients. Mix well and stuff hearts.

### Brains

#### Boiled Brains

Prepare 1 set of brains as follows:

Wash the brains in cold water, remove membrane.

Cover with cold water and soak for 30 minutes.

Drain, cover with water again, and soak for another 30 minutes.

Drain, cover with boiling water, add 1 t salt and 2 T vinegar, and simmer about 15 minutes to make the brains firm.

Soak again in cold water.

Separate into small pieces, discarding undesirable parts.

Brains prepared in this way can be fried, scrambled with eggs, or used in other dishes.

#### Brains a la King

Fry 1 T chopped onion and 2 T green pepper in 2 T fat.

Make a white sauce, using 2 T fat, 2 T flour, salt, pepper, and 1 c milk.

Add boiled brains, 2 hard-cooked eggs which have been chopped, and fried onions and peppers, and heat.

### Baked Liver

1 lb. liver	1 t salt
Bit of bay leaf	½ c canned tomatoes
6 whole cloves	3 slices lemon
	1 T margarine

Soak liver in cold, salted water for at least 30 minutes; remove membrane which covers the liver, if it is tough.

Roll in seasoned flour and brown in fat.

Place liver in a baking dish, add salt, bay leaf, and cloves, and dot with butter.

Pour tomato over it and place the slices of lemon on top.

Bake at 350°F about 1 hour.



### Baked Fish

Select firm, fresh fish and clean well.

Dip fish in well-salted milk.

Then roll in finely sifted, dry bread crumbs.

Place in a well-greased pan.

Dot with margarine.

Bake in a hot oven 15 to 20 minutes (500°) or until the fish is flaky.

Do not turn the fish, and add no water.

When done, it should be golden brown.

Serve with Spanish Sauce if desired.

### Spanish Sauce

1 c sliced onions

4 T salad oil or drippings

1 bay leaf

1 can tomatoes (#2)

2 t salt

1 green pepper, chopped

Dash pepper

2 whole cloves

1 t sugar

4 T flour

6 T water

Fry the onions in the salad oil until tender. Then add all the other ingredients except the flour and water. Cover and simmer 30 minutes.

Mix the flour and cold water to make a smooth paste.

Add to the tomato mixture.

Remove the bay leaf and cloves, and serve.

### Fish Chowder

2  $\frac{1}{2}$  lbs. fish

4 t salt

2 c cold water

$\frac{1}{4}$  lb. salt pork, chopped

2 medium onions, sliced

4 c raw potatoes, cut in strips

Remove head, tail, skin, and backbone from fish.

Cut into pieces.

Add 2 t salt and 2 c cold water, cover, and simmer 25 minutes.

Remove the fish from the water, and save the water.

Fry the salt pork in a kettle until golden brown and crisp; then remove the bits of pork.

Fry the onions in the fat left in the kettle until they are golden brown.

Add the potatoes and the 2 c boiling water and simmer with a cover on for 5 minutes. Then add the water from the fish and the fish.

Simmer with a cover on for 10 minutes, or until fish is done.

Add milk, remaining 2 t salt, pepper, and margarine.

Heat well.

Arrange crackers on top and serve.

As crackers are eaten, place more on top.

\* \* \* \* \*



## QUICK MEALS FOR LUNCH OR SUPPER

### I. Before demonstration

1. Prepare exhibit comparing food value and cost of five protein foods: peanut butter, cheese, beans, eggs, meat.
2. Make Molasses Cookies
3. Make Oatmeal cookies
4. Make Macaroni and egg salad
5. Slice tomatoes and cucumbers
6. Make bread and butter sandwiches
7. Make cornbread
8. Cut cheese into cubes for Tomato Surprise
9. Shread cabbage and make slaw
10. Mix cottage cheese
11. Make lemonade and chocolate sauce
12. Fry bacon -- boil egg

### II. Demonstration

1. Custard
2. Bread Pudding
3. Chocolate Milk
4. Kraut and bean salad
5. Tomato Surprise
6. Creamed eggs on toast
7. Bacon sandwich
8. Cucumber sandwich
9. Peanut butter and chili sauce sandwich

### III. Discussion

1. Meal planning for the day
2. Calory content of each meal
3. Planning light meals
  - well-balanced
  - have few things
  - plan big servings
  - plan food easily prepared
  - plan food easily digested
4. Comparison of protein foods

### IV. Assemble the seven quick meal menus. Discuss adequacy, combination food value.

### V. Serve prepared dishes

### VI. Illustrative materials

1. Food value charts
2. Four adjustable charts showing division of food values
3. Protein exhibit -- photograph in appendix showing five main sources of protein and comparative food value



24 6/1

<u>Breakfast</u>	<u>Lunch or Supper - The Light Meal</u>	<u>Dinner - The Main Meal</u>
Fruit Juice	Bean and Kraut Salad	Six Layer Dinner
Tea      Milk	Corn Bread Sticks              Margerine	Pickled Beets
Ham Toast	Baked Custard	W. W. Bread   Margerine
Coffee		Raisin Apple Cobbler

## No. 1

No. 4

No. 2

No. 5

No. 3

No. 6

Cream lard. Add molasses and well beaten egg. Mix and sift flour, baking powder, cinnamon, and soda. Add a little flour and then add a little milk until all has been used. Add chopped raisins, and peanuts, if used. Bake in moderate oven (350°) about 15 minutes.



Raisin Bread Pudding:      2 c. soft bread crumbs      2 eggs      1 t. vanilla  
                                  1 qt. milk, scalded or       $\frac{1}{2}$  c. raisins       $\frac{1}{2}$  t. nutmeg  
                                  2 c. evaporated milk       $\frac{1}{3}$  c. sugar       $\frac{1}{2}$  c. melted  
                                  and 2 c. water       $\frac{1}{2}$  t. salt      margarine

Add the bread crumbs to the milk. Beat the eggs slightly, add the sugar and salt and mix thoroughly. Gradually stir in the scalded milk mixture, vanilla, nutmeg and margarine. Pour into a greased baking dish, set in a pan of warm water; bake in moderate oven, 350° F., for about 1 hour or until you can stick a knife in it and the knife comes out clean.

Sauerkraut and Bean Salad:      1 c. chopped onion      2 c. cooked beans  
                                  2 c. sauerkraut      (kidney, pinto,  
                                  1 c. boiled salad      or navy)  
                                  dressing

Mix together lightly and serve cold.

Boiled Salad Dressing:       $\frac{3}{4}$  t. salt      2 T. flour      2 T. butter or  $\frac{1}{4}$  c.  
                                  1 t. mustard      1 egg or 2      margarine      vinegar  
                                  2 t. sugar      egg yolks       $\frac{3}{4}$  c. milk

Mix salt, mustard, sugar, and flour. Add slightly beaten egg, margarine, milk and vinegar very slowly. Stir and cook over boiling water until the mixture begins to get thick. Strain and cool.

Creamed Eggs on Toast:      Chop 6 hard-cooked eggs and add to 2 c. cream sauce.  
                                  Serve on buttered toast.

Hard Cooked Eggs:      Place eggs in a saucepan with enough cold water to cover .  
                                  When the water begins to boil turn the burner down low  
                                  and cook for 15 minutes. Then put into cold water. This makes the eggs  
                                  easier to peel.

Cream Sauce:      2 T. margarine      2 c. milk  
                                  2 T. flour       $\frac{1}{2}$  t. salt

Melt margarine over low flame or in double boiler. Add flour and salt, and mix well. Add milk slowly and cook until thickened, stirring all the time.

Cottage Cheese:      Mash 1 lb. dry cottage cheese with a fork until grainy. Add  
                                  1 t. onion juice,  $\frac{1}{4}$  t. paprika and  $\frac{1}{2}$  t. salt.

Tomato and Cheese Surprise:      Add 1 c. chopped or grated cheese to 1 can  
                                  tomato soup. Heat in the top part of a double  
                                  boiler. When hot add 1 well beaten egg and stir until mixed. Spread on  
                                  slices of bread and place in a moderate oven (350° F.) until brown.

Chocolate Milk:      Add  $\frac{1}{2}$  c. chocolate sauce to 1 qt. milk.

Chocolate Sauce:       $\frac{1}{2}$  c. cocoa       $\frac{1}{2}$  c. corn syrup       $\frac{1}{4}$  t. vanilla  
                                   $\frac{3}{4}$  c. sugar       $\frac{1}{2}$  c. milk      1 T. margarine  
                                  Dash of salt

Mix cocoa, sugar, salt, syrup and cold milk in saucepan. Place over low heat and stir until sugar is dissolved. Cook without stirring until a mass-like jelly forms when a little is dropped into cold water. Stir in vanilla and margarine.



## FEATURING DESSERTS

- I. Before demonstration
  - 1. Make ice cream
  - 2. Make rice pudding
  - 3. Cook prunes -- prepare bread crumbs
  - 4. Apple sauce cake
  - 5. Custard Sauce
- II. During demonstration prepare
  - 1. Indian pudding
  - 2. Brown Betty
  - 3. Victory spice cake
  - 4. Deep dish pie
  - 5. Prune whip
  - 6. Show finished products and discuss recipes and food value.
- III. Discussion
  - 1. Desserts used to satisfy desire for something sweet
  - 2. Sweets used as desserts
  - 3. Desserts and menu planning
  - 4. Desserts as energy foods -- How much energy do we need for different activities?
  - 5. Check menus on sheet. Show food value on charts.
- IV. Serve
  - 1. Various desserts and a fruit drink
- V. Illustrative materials
  - 1. Adjustable charts
  - 2. Posters on Food Groups
  - 3. Chart on energy-" Eat the Right Food Chart"  
foods



## TODAY WE ARE FEATURING DESSERTS

Breakfast

Shreddies      Milk  
 Baked Eggs  
 W. W. Toast      Margarine  
 Milk      Coffee

Dinner

Baked Stuffed Heart with  
 Potatoes and Carrots\*  
 Sliced Tomatoes  
 Cornbread      Margarine  
 Prune Whip with Custard Sauce\*\*

Supper

Cottage Cheese  
 Cucumber      Sandwich  
 Deep Dish Pie\*\*  
 Lemonade

\* The potatoes and carrots are added during the last hour of baking.

## \*\* OTHER DESSERTS:

Prune Brown Betty  
 Indian Pudding  
 Caramel Rice Pudding with Raisins  
 Victory Spice Cake  
 Apple Sauce Cake  
 Peanut Brittle Ice Cream

R E C I P E SPrune Whip with Custard SaucePrune Whip

$1\frac{1}{2}$  c cooked prunes, seeded  
 3 egg whites  
 $\frac{1}{3}$  c sugar

1 T lemon juice  
 $\frac{1}{4}$  t grated lemon rind  
 Pinch of salt

Seed the cooked prunes and measure, then chop into small pieces. Beat egg whites until quite stiff. Add the sugar and salt slowly while beating. Fold in the prunes, then add lemon juice and rind. Serve with custard sauce.

Custard Sauce

2 c milk  
 3 egg yolks  
 1 T flour

3 T sugar  
 Salt  
 $\frac{1}{2}$  t vanilla

Scald the milk over hot water. Mix the sugar, flour, and salt and add to the beaten egg yolks. Add milk slowly. Return to the double boiler and cook, stirring slowly and constantly until the mixture thickens. Cool.

Deep Dish PieCrust

1 c flour  
 $1\frac{1}{2}$  t baking powder  
 $\frac{1}{4}$  t salt

4 T fat  
 $\frac{1}{3}$  to  $\frac{1}{2}$  c milk

Sift flour and measure. Add baking powder and salt and sift into mixing bowl. Cut fat into flour mixture. Add milk to make a soft dough. Place on a floured board and knead lightly. Roll to the size and shape of baking dish.

Filling

4 c fresh, sliced peaches  
 3 T flour  
 $\frac{1}{2}$  c sugar

1 T lemon juice  
 1 T margarine  
 Pinch of salt

Grease baking dish. Arrange peaches in dish. Add lemon juice. Mix flour, sugar, and salt and sprinkle over fruit. Dot fruit with margarine. Cover with crust, pressing the edges against the side of the baking dish. Make holes in the crust with a fork or with a sharp knife.

### Prune Brown Betty

2 c bread crumbs	1 t cinnamon
1/3 c melted margarine	Pinch of salt
2 c sliced, seeded stewed prunes	2 T lemon juice
1/2 c sugar	1 T grated lemon rind
1/2 c prune juice	

Mix the bread crumbs and melted margarine. Put 1/3 of this mixture in the bottom of a greased baking dish. Cover with 1 c prunes. Mix sugar, cinnamon, salt, and sprinkle 1/2 of this mixture over the prunes. Cover with 1/3 of the crumbs, the rest of the prunes and the rest of the sugar mixture. Top with the rest of the crumbs. Mix the prune juice and lemon juice and rind and pour over top. Cover and bake at 350°F for 1/2 hour. Uncover and bake for 45 minutes. This can be served with Custard Sauce.

### Indian Pudding

1 c scalded milk	1/4 c molasses
1/2 c grits	1 t salt
1 c milk (cold)	1/4 c margarine, melted
	1 t cinnamon

Cook grits in scalded milk until done. Mix the other milk, molasses, salt, cinnamon, and melted margarine, and add to the cooked grits. Bake in a greased baking dish at 350°F for 30 minutes.

### Caramel Rice Pudding with Raisins

1/2 c rice (uncooked)	1/2 c chopped raisins
4 c milk	1/2 t salt
1/2 c brown sugar or 1/2 c white sugar,	
caramelized	

Add rice slowly to two c scalded milk and cook in double boiler for 30 minutes. Add the other ingredients and pour into a greased baking dish. Bake in a slow oven (300°F) for 1 1/2 hours.

### Victory Spice Cake

2 c flour	1/2 c sugar, brown or white
2 t baking powder	3/4 c dark corn syrup
1/2 t salt	2 eggs, well-beaten
1/2 t cloves	3/4 c milk
1/2 t allspice	1/2 c fat
1/2 t nutmeg	

Sift flour and measure. Add baking powder, salt, and spices, and sift together twice. Cream fat: add sugar slowly. Then stir in the corn syrup slowly. Add well-beaten eggs. Add a little of the flour mixture and a little milk, beating well each time until all has been added. Pour into greased cake pans and bake in a moderately hot oven (375) 25 minutes. The spices may be left out and 1 t of vanilla used.

### Apple-sauce Cake

1/2 c fat	1 c raisins
1 c sugar	1 t cinnamon
1 c apple-sauce, cold and unsweetened	1/2 t cloves
1 t soda	2 c flour

Sift flour and measure. Add spices and sift twice. Cream fat; add sugar slowly. Add soda to apple-sauce; then add to sugar and fat. Put raisins in flour and add to the other mixture, beating until well mixed. Pour into greased cake pan and bake in moderate oven (350) 40 minutes.

Peanut Brittle Ice Cream

2 c milk  
2 eggs  
 $\frac{1}{4}$  c sugar

2 T flour  
Pinch salt  
1 small can evaporated milk  
 $\frac{1}{2}$  c peanut brittle, crushed

Scald milk over hot water. Mix flour, sugar, and salt. Pour milk slowly over this mixture and return to double boiler. Cook 15 minutes, stirring constantly at first. Pour over eggs slowly and return to double boiler. Cook 2 or 3 minutes longer. Remove from fire and add peanut brittle. Cool and pour into freezing tray. When mixture is mushy add the can of evaporated milk which has been chilled and beaten until quite stiff. Fold in stiffly beaten egg whites. Return to tray and freeze, stirring once in a while. This ice cream may be frozen in a hand freezer.

Oatmeal Cookies

$\frac{3}{4}$  c lard  
 $\frac{3}{4}$  c Karo  
 $\frac{1}{4}$  c sugar  
2 eggs  
 $\frac{1}{2}$  c milk

2 c oatmeal  
 $\frac{1}{2}$  t salt  
 $2\frac{1}{2}$  t baking powder  
 $1\frac{3}{4}$  c flour  
1 t cinnamon, cloves, or ginger  
 $\frac{1}{2}$  c chopped raisins

Cream lard, add Karo and sugar and cream until mixture is smooth. Add 2 eggs which have been beaten. Add milk and oatmeal. Sift flour and measure. Add salt, baking powder, and spices. Sift together and add to oatmeal mixture. Add raisins. Drop by spoonful onto greased baking sheet. Bake at 350°F for 15 minutes.







## SNACKS

I. Before the demonstration

1. Prepare bread -----Stage 1      Sponge ready to make into dough  
  2      Dough ready to make into rolls  
  3      Dough worked into rolls, ready  
  for baking.
2. Make taffy candy
3. Make sugar cookies. Fill some and leave some plain  
Save enough dough to demonstrate filling cookies

## II. Demonstration

## 1. Bread

- (1) Make sponge and discuss principles involved
- (2) Make sponge into dough
- (3) Make dough into coffee cake and rolls
- (4) Show rolls which are rising and ready to go into oven.

## 2. Cookies

- (1) Discuss recipe and steps in making
- (2) Demonstrate filling cookies
- (3) Show finished product and discuss cost

### 3. Taffy candy

- (1) Discuss recipe, cost, and food value

#### 4. Mix Milk drinks and fruit drinks

- (1) Discuss food value and cost

### III. Discussion

1. Problem of eating between meals
2. Planned versus unplanned snacks
3. Suggestions for planned snacks
4. Discuss exhibit on snacks. Emphasize the food value and cost of articles exhibited. Include these prepared during the demonstration
5. Cost of snacks. Emphasize this by dropping nickles into milk bottle for each day of month.

IV. Serve samples of snacks which were demonstrated

V. Drawing. Let women draw for unfinished breads; 1. Dough; 2. Sponge; and 3. Unbaked rolls.

## VI. Illustrative materials

1. Exhibit on snacks showing good and poor examples of snacks  
Cookies, cakes, candies, pies, drinks that can be bought for .05¢.  
Also fruits, vegetables, sandwiches, etc. See photograph in  
appendix for articles used.
2. Exhibit showing the food value of three popsicles at .15¢ and a quart  
of milk at .15¢
3. Exhibit showing the comparison of the food value of tomato juice,  
grapefruit juice and pineapple juice.
4. Milk bottle and 30 nickles.



## SNACKS--SOMETHING TO SERVE CHILDREN AND GROWN-UPS BETWEEN MEALS

Plan Well

1. Think about snacks when you plan the meals for the day.
2. Let them be something that isn't included in the other meals.
3. Serve something that is easily digested.
4. Make attractive snacks.
5. Have snacks that are well liked.
6. Choose foods for snacks that are rich in minerals and vitamins.
7. Have snacks ready to serve when children come in from school or play.

Watch the Cost of Snacks.

Let the snacks be inexpensive but nourishing. If you spend 5¢ for a child each day for something to eat between meals it would cost you \$1.50 each month or \$18.00 each year. How many quarts of milk would that buy?

Some recipes in your Women on the Food Front folder that would make good snacks:

Peanut Butter Cookies	# 1
Molasses Cookies	# 3 or # 9
Gingerbread	# 6
Victory Spice Cake	# 10
Apple Sauce Cake	# 10
Oatmeal Cookies	# 10
Chocolate Milk	# 9
Cinnamon Toast	# 7
Baked or Boiled Custard	# 9
Custard Sauce	# 10
Oatmeal Hurry-ups	# 4
Coffee Cake	# 7

Other Suggestions:

Milk	: Fruits and Vegetables
Milk Shakes	: Oranges
Fruit Drinks	: Apples
Simple Desserts	: Bananas
Inexpensive Home-made Candies	: Peaches
Nuts, Especially Peanuts	: Stewed Prunes
Pop-corn or Pop-corn Balls	: Apple Sauce
Home-made Yeast Bread Rolls	: Watermelon
Home-made Cakes and Cookies	: Cantaloupe
Sandwiches	: Tomatoes
Bread and Butter	: Carrot Strips
Peanut Butter or Peanut Butter	: Turnip Strips
mixed with Something Else	: Graham Crackers
Jelly	: Toasted Left-over Biscuits or Muffins
Molasses and Margarine	: Biscuit Cinnamon Rolls
Honey	: Cheese Biscuits
Egg	: Left-over Cereals
Cheese	: Cold Cornbread and Milk

## R E C I P E S

### Yeast Bread Rolls

2 c Milk	2 t Salt
3 T Fat	1 Cake Yeast
2 T Sugar	4 T Water
6 to 8 c Flour	

Scald the milk and let cool until lukewarm. Soften the yeast in the 4 T of water. Add milk and 3 c flour. Beat and let rise until spongy. Add melted fat, sugar, and salt and enough flour to make dough stiff enough to handle. Knead on slightly floured board. Put into bowl and let it rise until double in size. Knead again and shape into rolls. Let rise until double in size. Bake at 425° for 15 minutes.

### Milk Drinks (Use fresh milk or evaporated milk mixed with an equal amount of water.)

1. Spiced Milk: Season cold evaporated milk with nutmeg and cinnamon or mace to taste, and add as much water as milk. Sweeten to taste.
2. Honey or Molasses Milk: Add 1 T honey or molasses to  $\frac{1}{2}$  c evaporated milk and  $\frac{1}{2}$  c water. Add 2 T orange juice and serve cold.
3. Vanilla Milk Shake: Add a few drops of vanilla to  $\frac{1}{2}$  c evaporated milk and  $\frac{1}{2}$  c water. Sweeten to taste. Pour into a pint fruit jar, add crushed ice, and screw on a lid that will not let the milk come out while being shaken. Shake well and serve immediately.

### Fruit Juice Drinks

1. Lemonade or limeade.
2. Orangeade
3. Apple juice with lemon.

### Molasses Taffy Candy

2 c Light Molasses	1/8 t Salt
2 t Vinegar	$\frac{1}{2}$ t Baking Soda
$1\frac{1}{2}$ T Margarine	

Cook molasses and vinegar in a large pan slowly, stirring all the time, until a little of the syrup dropped in cold water becomes brittle. Take from the heat and add margarine, salt, and baking soda. Stir until the syrup quits foaming. Pour into a greased pan. When cool enough to handle pull until candy is light in color and begins to harden. Pull into long strips and cut into pieces with scissors.

### Sugar Cookies

2 $\frac{1}{4}$ c Sifted Flour	$\frac{1}{2}$ c Fat
$1\frac{1}{2}$ t Baking Powder	2 Eggs, well beaten
$\frac{1}{4}$ t Salt	1 T Milk
1 c Sugar	

Sift flour and measure. Add baking powder, salt, and sift again. Cream fat and add sugar slowly, creaming until the mixture is light. Add well-beaten eggs and milk. Beat well. Add flour slowly. Chill until firm enough to roll. Roll 1/8 inch thick on slightly floured board. Cut with cookie cutter and sprinkle with sugar. Bake on baking sheet without greasing in hot oven (400°) for 10 minutes.

NOTE: If you wish, you make a filled cookie by placing 1 t of stewed raisin filling between 2 cookies before baking. Bake 12 to 15 minutes.



## PLANNING MEALS FOR THE FAMILY WHEN THERE IS A SMALL CHILD TO FEED

### I. Before the demonstration prepares:

1. Rice Pudding
2. Short Ribs
3. Potatoes
4. Yellow squash
5. Stewed prunes
6. Sugar cookies

### II. During the demonstration

Prepare the vegetables, sandwich, bread, etc. Note: The demonstrator leads the discussion for this meeting. Most of the food is prepared before the demonstration begins. The dishes which require last minute preparation are made by the assisting demonstrator or part-time worker.

### III. Discussion

1. How many have pre-school children in their homes?
2. What problems do you encounter?
3. What is child's main food? Compare food value of 1 qt of milk with food needs of 4 year old.
4. Guide for planning child's meals.
5. Adjusting family menus to suit children's diets.  
( Discuss changes made on sheet 12 and reasons for making changes.  
Also have women refer to menus in their folders and let them suggest changes.)
6. Food habits. Changing food habits.
7. Psychological effects of pleasant surroundings.
8. Do's and Don'ts in feeding children.

### IV. Exhibiting menus:

Serve meals as listed on sheet 12--serve the breakfast for an adult, then serve the breakfast for a child, etc.  
Indicate differences in sizes of serving, snacks served, etc.  
Show adjustable food value charts for the meals as served for the adult and for the child. Discuss cost of meals.

### V. Serve samples of food on dinner menu to group.

### VIII. Exhibit

Small table set for child's meal

### VII. Charts

1. Food value of milk
2. Food needs for child 4 years old
3. Food needs for adult
4. Adjustable food value charts





## PLANNING MEALS FOR THE FAMILY WHEN THERE IS A SMALL CHILD TO FEED

We have in mind children 2 to 5 years old.

A guide to follow in planning meals for children\*:

Breakfast

Cooked Cereal  
Whole Wheat Toast  
Milk to drink

Mid-morning Snack

Fruit or Fruit Juice

Dinner

A Main Dish of Eggs, Cheese, Beans, Meat, or Fish  
Cooked Vegetable      Raw Green Vegetable  
Bread and Butter  
Simple Dessert

Mid-afternoon Snack

See Sheet # 11 for Suggestions

Supper

A Vegetable, Creamed, Scalloped, or Baked  
Sandwich      or      Bread and Butter  
Cooked Fruit  
Milk

Menus for One Day

## Meals for the Family:

Breakfast

Grapefruit Juice  
Oatmeal  
Cinnamon Toast  
Coffee

Lunch

Bacon and Tomato Sandwich  
Shredded Cabbage  
Caramel Rice Pudding  
Milk

Dinner

Baked Short Ribs of Beef  
Baked Potatoes  
Baked Stuffed Yellow Squash  
Cornbread  
Margarine  
Stewed Prunes  
Sugar Cookies

## Meals for the Child:

Breakfast

Oatmeal  
Cinnamon Toast  
Milk

Mid-morning Snack

Grapefruit Juice

Dinner

Poached Egg on Toast  
Shredded Cabbage  
Caramel Rice Pudding  
Milk

Mid-afternoon Snack

Milk Shake      and      Sugar Cookies

Supper

Baked Potato      -      Baked Stuffed Yellow Squash  
Cornbread      Margarine  
Stewed Prunes

\* Adapted from How to Feed Young Children in the Home, Mary E. Sweeney and Dorothy Curts Buck

Do's in Feeding Children

1. Serve milk to drink, and use milk in cooking every day.
2. Prepare simple foods--children like them better.
3. Prepare foods that are easy to digest.
4. Plan to have variety in the day's meals.
5. Serve meals at regular hours.
6. Serve the child's evening meal early, and make it light.
7. Have a comfortable place for the child to eat.
8. Surround the child with a quiet, pleasant atmosphere during meals.
9. Serve small portions.
10. Set an example for your child by eating the right foods yourself.

Don't's in Feeding Children

1. Don't use much grease in foods served to children.
2. Don't serve fried foods to children.
3. Don't serve the same food for the noon and evening meals.
4. Don't allow the child to nibble all day.
5. Don't rush the child while he is eating.
6. Don't make the child wait for his meal in order to fit his hours to those of other members of the family.
7. Don't upset or excite the child just before eating or during the meal.
8. Don't coax or bribe a child to eat.
9. Don't discuss food likes or dislikes before the child.
10. Don't serve too many sweets.

## EMPHASIZING MENU PLANNING FOR THE DAY

- I. Preparation before the demonstration
  1. Prepare foods for breakfast menu
  2. Prepare foods for lunch menu
  3. Start spareribs, mix dressing, wash chard, and split peas.
- II. During demonstration
  1. Make baked fruit wonder
  2. Put dressing with meat
  3. Start black eyed peas
  4. Start steamed Chard.\*

While the food is being prepared, discuss the method of preparation, food value, cost, point value.
- III. Discussion

Refer to sheet for hints in menu planning. To emphasize these develop them by using large illustrated chart. "Have I Had These Foods Today?" a posterboard and ribbons. For instance, hint number 1 is to decide on protein dish. Write "Spareribs" on poster board with crayola. Pin ribbons to protein group on chart and to name of meat dish on board. Do this for each item in menu.
- IV. Assemble meals for the day for an adult and a child. Discuss the adequacy of the meals, the cost and the food value. Have food values of each meal and the total charted.
- V. Make plans for last meeting. Develop idea further of having the club members plan and prepare a meal.
- VI. Serve samples of foods on dinner menu
- VII. Teaching material
  1. Chart "Have I had These Foods?" poster board, ribbons, and pins. Crayola
  2. 4 adjustable charts
  3. Food Needs for Adults and Children.

\* Note: Swiss Chard gathered from the demonstrator's supply in her rose bed was used for the first demonstration and for this demonstration. Attention was called to this fact and interest created in planting a bed of chard. The tenants all have enough ground space for this.





## HAVE I HAD THESE FOODS TODAY?

Milk -- at least one glass for adults, 2 or more for children.

(Count what is used in cooking)

Meat, poultry, fish, eggs, cheese, beans. (Two servings from this group for adults, one for children if enough milk is included.)

Two servings vegetables, one green or yellow.

One serving citrus fruit or tomatoes or raw cabbage or raw turnips.

One serving of another fruit or another vegetable.

## HINTS IN MENU PLANNING

1. Decide on the protein dish for your main meal.
2. Decide on the main dish for your light meal.
3. Decide on the vegetables to go with each of these meals.
4. If the Vitamin C need is not taken care of by the vegetables you select, plan to serve a juice or fruit high in Vitamin C for breakfast.
5. Plan the breakfast.
6. Plan the bread and desserts.
7. Serve milk as a drink and use it in cooking.
8. Plan snacks for the children. (See Sheet #11.)
9. Plan to cook foods in the amounts suited for the family.
10. Do not serve left-overs the same day as the original dish was served.

MENUS FOR ONE DAYMeals for the FamilyBreakfast

Oatmeal Hurry-ups	Margarine
Scrambled Eggs	
Molasses	
Coffee for Adults	Milk

Lunch

Scalloped Potatoes with Cheese	
Sliced Tomatoes	
Whole Wheat Bread	Margarine
Graham Crackers	Milk

Dinner

Baked Pork Spareribs	
Bread Dressing	
Steamed Chard	
Fresh Black-eyed Peas	
Bran Muffins	Margarine
Baked Fruit Wonder	

Meals for the 2-to 5-Year Old ChildBreakfast

Oatmeal Hurry-ups	Margarine
Scrambled Eggs	
Milk	

Mid-Morning Snack

Banana

Dinner

Scalloped Potatoes with Cheese	
Sliced Tomatoes	
Whole Wheat Bread	Margarine
Graham Crackers	Milk

Mid-Afternoon Snack

Lemonade

Supper

Bread Dressing	
Steamed Chard	
Fresh Black-eyed Peas	
Bran Muffins	
Baked Fruit Wonder	
Milk	

## R E C I P E S

Oatmeal Hurry-ups -- See Sheet # 7

Scrambled Eggs -- See Sheet # 7

Scalloped Potatoes with Cheese

1. Boil 6 or 8 medium-sized potatoes with the peeling on.
2. Make 2 cups white sauce, see sheet # 1.
3. Grate or cut into small pieces 1 cup cheese.
4. Peel and slice the potatoes, and put half of them into a greased baking pan.
5. Add  $\frac{1}{2}$  of the white sauce and  $\frac{1}{2}$  of the cheese.
6. Put in the rest of the sliced potatoes, sauce, and cheese.
7. Top with bread crumbs, and bake at 350°F for 30 minutes.

Baked Pork Spareribs

Sprinkle salt and pepper on spareribs. Put into slightly greased baking pan. Bake at 300°F for 2 hours.

Make a bread dressing by mixing  $\frac{1}{2}$  c chopped onion which has been cooked in fat for a few minutes,  $\frac{3}{4}$  t salt,  $\frac{1}{8}$  t pepper, and 3 c bread crumbs. Add enough hot water to moisten the mixture. Add sage, celery salt, or other seasoning if you wish. Put into a clean cloth bag and cook in pan with spareribs. It could be put in pan with the spareribs or spread between two layers of spareribs.

Steamed Chard

Wash chard. Put in a pot and cover with a tight lid. Cook over a high flame until steam begins to form. Turn the flame low, and let chard steam about 7 minutes. Season with margarine, salt, and pepper.

Fresh Black-eyed Peas

Shell peas just before you are ready to use them. Bring 1 cup water to boil and add salt. Add peas to boiling water. Cover with a tight lid. Keep flame high until water begins to boil again. Turn flame low and steam peas until done. The time will vary according to size and age of peas. Season with bacon drippings, salt, and pepper.

Bran Muffins

2 T shortening	3/4 c milk
1/4 c sugar*	1 c flour
1 egg	1/2 t salt
1 cup Kellogg's All-Bran	2 1/2 t baking powder

Blend shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400°F) about 30 minutes. YIELD: 8 large muffins (3 inches in diameter) or 12 small muffins (2 1/4 inches in diameter.).

\*NOTE: 1/2 cup/syrup may be used instead of sugar if milk is reduced to 1/3 cup.  
/corn



Baked Fruit Wonder

$\frac{1}{2}$ c flour	1 t baking powder
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ c milk
2 c fruit and juice	

Mix the flour, sugar, baking powder, and milk. Dot a baking pan with margarine. Pour mixture into pan. Add some juicy fruit such as canned berries, cherries, peaches, pineapples, etc. Fresh stewed fruit may be used. Bake at 400° F for 30 minutes.

\* \* \* \* \*

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## MENU PLANNING AND PREPARATION

### I. Preliminary preparation

1. Women meet a day or two before the demonstration date and plan menu, market order, and divide duties for the preparation and serving of the meal.
2. Women prepare food, demonstrators assist only when necessary.

### II. Discussion

(After meal has been served and women are still seated at table.)

1. Present Vita-min-go Games.
2. Use adjustable charts to show food values of prepared meal
3. Read buying hints on sheet 14
4. Present certificates

### III. Teaching devices

Vita-min-go games  
Adjustable charts  
Certificates



MENU FOR THE DAY

Breakfast

Stewed Prunes  
Fried Egg  
W. W. Bread - Margerine  
Coffee            Milk

Lunch

Bean Salad  
Shredded Cabbage  
W. W. Bread - Margerine  
Milk

Dinner

Lamb Roast  
Baked Stuffed Yellow Squash  
Green Beans  
Tomato Lettuce Salad  
Hot Rolls - Margerine  
Upside Down Cake  
Iced Tea

Buying Hints

1. Spend your food dollar for food that is high in nutritive value.
2. Buy foods low in point value and high in food value.
3. Ask the price and point value of food when buying.
4. Know what you pay for each item even though you run a charge account.
5. Plan your menus for a week in advance.
6. Plan what to buy before you go to the store.
7. Try to buy on a weekly basis and watch newspapers for specials.
8. Visit different grocery stores and compare prices.
9. Buy food in large containers and packages rather than small ones. The cost and point value are less by weight.
10. Buy food by the pound rather than by "dimes worth," or "quarters worth."
11. Buy fruits and vegetables in season. Select those that are sound, fresh looking, and not wilted.
12. Consider the cost by weight and nutritive value of the prepared foods such as breakfast cereals, bread mixes, etc., as compared with those which require preparation.
13. Stretch your food dollar by growing some greens.

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\* MEAL PREPARED AT ROSEWOOD

Food	Cal.	Prot.	Calc.	Iron	A	B <sub>1</sub>	B <sub>2</sub>	C	Amts.
Shreddies	1.0	1.4	0.4	3.1		1.4	0.3		$\frac{1}{2}$ C
Corn Meal Hot Cakes	4.00	4.2	3.0	3.0	11.1	4.8	3.8		2 cakes
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
Molasses	1.30	0.6	4.4	8.2					2.T
Milk (for cereal)	0.45	0.87	2.7	.39	.7	0.45	1.22	.5	$\frac{1}{2}$ C
	7.75	7.17	10.6	14.99	15.1	6.65	5.32	.5	
Cheese Sandwich	2.70	4.3	10.2	2.7	5.8	1.9	1.7		1 sand
Slaw	.13	0.3	0.7	0.7	0.1	0.7	0.5	12.0	
Oat Meal Cookies	3.00	3.0	1.2	4.2	2.1	2.4	1.2		3 cookies
Milk	1.70	3.5	10.8	1.5	2.8	2.2	5.9	2.0	1 glass
	7.53	11.1	22.9	9.1	10.8	7.2	9.3	14.0	
Pork Roast	1.00	7.6	0.4	8.2		5.9	1.3		1 serv
Dressing	2.00	2.1	0.7	1.0	2.4	0.7	0.7	0.9	$\frac{1}{3}$ C
Scalloped Potatoes	1.60	2.0	3.2	3.2	1.4	2.4	2.8	2.2	1 C
Greens	.30	0.6	<del>7</del>	8.4	100.0	<del>7</del>	1.1	9.0	$\frac{1}{2}$ C
Sl. Tomatoes	.15	0.35	0.25	0.8	3.8	1.15	0.16	6.6	$\frac{1}{2}$ tom.
Rolls	1.20	1.6	0.8	2.0	<del>7</del>	1.8	0.4		2 rolls
Ice Cream	2.60	1.8	4.3	2.1	5.7	1.0	2.8	0.8	$\frac{1}{2}$ C
Margarine	1.00	0.1	0.1	0.3	3.3				1 T
	9.85	16.15	9.75	26.0	121.6	12.95	9.26	18.5	
	25.13	34.42	43.25	50.09	147.5	26.80	23.88	33.0	

\* At Cbse of program by club members.

	7	8		9	10	11	12
	13	14	15	16	17	18	19
			20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64
65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88
89	90	91	92	93	94	95	96
97	98	99	100	101	102	103	104
105	106	107	108	109	110	111	112
113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128
129	130	131	132	133	134	135	136
137	138	139	140	141	142	143	144
145	146	147	148	149	150	151	152
153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168
169	170	171	172	173	174	175	176
177	178	179	180	181	182	183	184
185	186	187	188	189	190	191	192
193	194	195	196	197	198	199	200

## MENU FOR THE DAY

Breakfast

Shreddies	Milk
Cornmeal Hotcakes	
Margarine	Molasses
Coffee	Milk

Lunch

Cheese Sandwiches on Whole Wheat Bread  
Cole Slaw  
Oatmeal Cookies  
Milk

Dinner

Pork Roast with Bread Dressing	
Scalloped Potatoes	
Greens	Sliced Tomatoes
Hot Rolls	
Ice Cream	
Ice Tea	

Buying Hints

1. Spend your food dollar for food that is high in nutritive value.
2. Buy foods low in point value and high in food value.
3. Ask the price and point value of food when buying.
4. Know what you pay for each item even though you run a charge account.
5. Plan your menus for a week in advance.
6. Plan what to buy before you go to the store.
7. Try to buy on a weekly basis and watch newspapers for specials.
8. Visit different grocery stores and compare prices.
9. Buy food in large containers and packages rather than small ones. The cost and point value are less by weight.
10. Buy food by the pound rather than by "dimes worth," or "quarters worth."
11. Buy fruits and vegetables in season. Select those that are sound, fresh looking, and not wilted.
12. Consider the cost by weight and nutritive value of the prepared foods such as breakfast cereals, bread mixes, etc., as compared with those which require preparation.
13. Stretch your food dollar by growing some greens.



# LIST FOR CHECKING EFFECTIVENESS OF PROGRAM

Foods Demonstrated	Liked or Disliked	No. of Times Tried	Family Liked or Disliked
Main Dishes			
Meats			
Meat and Oatmeal Loaf			
Beef Casserole			
Six-Layer Dinner			
Tamale Pie			
Ministrone			
Broiled Hamburger on Bun			
Sliced Hot Tongue			
Kidney Pie			
Baked Stuffed Heart			
Brains a la King			
Baked Liver			
Baked Fish			
Fish Chowder			
Baked Short Ribs of Beef			
Baked Pork Spareribs with Bread Dressing			
Pork Roast with Dressing			
Lamb Roast			
Others			
Macaroni and Cheese			
Baked Beans			
Peanut Vegetable Loaf			
Macaroni and Egg Salad			
Vegetable Casserole with Cheese			
Bean and Kraut Salad			
Toasted Shredded Cabbage, Tomato, Bacon Sandwich			
Cheese and Tomato Surprise			
Peanut Butter and Chili Sauce Sandwich			
Cottage Cheese			
Scalloped Potatoes with Cheese			
Cheese Sandwich on Whole Wheat Toast			





	Liked or Disliked	No. of Times Tried	Family Liked or Disliked
Egg Dishes			
Scrambled Eggs			
Poached Eggs on Toast			
Baked Egg			
Fried Egg (low temperature in small amount of grease)			
Creamed Eggs on Toast			
Drinks			
Spiced Milk			
Honey or Molasses Milk			
Vanilla Milk Shake			
Chocolate Milk			
Orangeade			
Apple Juice with Lemon			
Vegetables			
Steamed Cabbage			
Carrot Sticks (raw)			
Cooked Greens			
Buttered Beets			
Steamed Yellow Squash			
Pickled Beets			
Baked Potatoes			
Baked Stuffed Yellow Squash			
Steamed Chard			
Fresh Black-eyed Peas			
Scalloped Potatoes			
Salads			
Spring Salad			
Mixed Raw Vegetable Salad			
Cole Slaw			
Sliced Tomatoes			
Raisin and Apple Salad			
Tomato and Lettuce Salad			
Breads			
Whole Wheat Muffins			
Corn Bread			
Cornmeal Hotcakes			
Biscuits			
Cinnamon Toast			
Coffee Cake			
Oatmeal Hurry-ups			
Yeast Bread Rolls			
Bran Muffins			



	Liked or Disliked	No. of Times Tried	Family Liked or Disliked
Cereals			
Oatmeal			
Cornmeal Mush			
Cream of Wheat with Raisins			
Fried Cornmeal Mush			
Shreddies			
Brown Rice			
Desserts and Sweets			
Molasses			
Peanut Butter Cookies			
Gingerbread			
Raisin Apple Cobbler			
Baked Custard			
Cold Sliced Cream of Wheat and Raisins			
Molasses and Raisin Cookies			
Raisin Bread Pudding			
Oatmeal Cookies			
Prune Whip			
Custard Sauce			
Deep Dish Pie			
Prune Brown Betty			
Indian Pudding			
Caramel Rice Pudding with Raisins			
Victory Spice Cake			
Apple Sauce Cake			
Peanut Brittle Ice Cream			
Sugar Cookies			
Filled Sugar Cookies			
Taffy Candy			
Baked Fruit Wonder			
Peach Ice Cream			
Upside Down Cake			
Dressings			
Evaporated Milk Dressing			
Oil Dressing			
Boiled Dressing			



Have you changed any habits in:

1. Feeding children?

2. Menu planning?

3. Buying habits?

What use have you made of the check list, "Have I Had These  
Foods Today?"

Do you plan for snacks?





## EXHIBIT "C"

### REFERENCE MATERIAL

1. Food For Freedom Series:  
    Fight Food Waste in the Home  
    Food For Growth  
    Vitamins From Farm to You  
    When You Eat Out  
    Bureau of Home Economics, U. S. Dept. of Agriculture, Washington, D. C.
2. Low-Cost Meals Series  
    Dried Beans and Peas in Low Cost Meals  
    Dried Fruits in Low Cost Meals  
    Green Vegetables in Low Cost Meals  
    Root Vegetables in Low Cost Meals  
    Bureau of Home Economics, U. S. Dept. of Agriculture, Washington, D. C.
3. 99 Ways to Share the Meat  
    Bureau of Home Economics, U. S. Dept. of Agriculture, Washington, D. C.
4. Share the Meat for Victory - U. S. Dept. of Agriculture, Washington, D. C.
5. Home Canning of Fruits, Vegetables and Meats, Farmers Bulletin no. 1762  
    U. S. Dept. of Agriculture, Washington, D. C.
6. The Road to Good Nutrition - by Lydia J. Roberts  
    Children's Bureau, United States Department of Labor, Washington, D. C.
7. Handbook for Food Demonstrations in Wartime  
    Federal Security Agency, Office of Defense Health and Welfare Services,  
    Nutrition Division, Washington, D. C.
8. Home Canning of Fruits and Vegetables  
    Extension Service, A and M College of Texas, College Station, Texas
9. Planning the Day's Meals  
    Extension Service, A and M College, College Station, Texas
10. Texas Food Standard  
    Prepared by the Texas State Nutrition Committee  
    Homemaking division, State Board for Vocational Education, Austin, Texas
11. Variety Meats, Their Nutritive Value and Recipes for Using Them.  
    Presented by the Research Committee of Texas State Nutrition Committee.
12. 3-Market Lists for Low-Cost Meals  
    Bureau of Home Economics, United States Dept. of Agriculture, Washington, D. C.
13. Comida Saludable, Buena Salud, Gente Fuerte, Extension Folder W-1-S  
    University of Arizona College of Agriculture.
14. Pinto Beans: Their Preparation and Palatability --Agricultural Experiment  
    Station, New Mexico College of Agriculture and Mechanic Arts, State College, N.M.



15. La Nacion Nos Necesita Saludables, New Mexico Extension Service, State College, N. M.
16. Effect of different methods of cooking on the Vitamin B Content of Pinto Beans. - Agricultural Experiment Station, New Mexico College of Agriculture and Mechanic Arts, State College, N. M.
17. Effect of Cooking on the Riboflavin and Vitamin B<sub>6</sub> Content of Pinto Beans--- Agricultural Experiment Station, New Mexico College of Agriculture and Mechanic Arts, State College, N. M.
18. Boletin De. Conservar  
Agricultural Extension Service, New Mexico College of Agriculture and Mechanic Arts, State College, N. M.
19. The Vitamin Content of Chile and Other Peppers, Press Bulletin 947, New Mexico College of Agriculture and Mechanic Arts and Agriculture Experiment Station, N. M.
20. Fishing In Our Pond, Charlotte Wright Thomas, Bureau of School Service, Univ. of Kentucky
21. Planning the Farm, Charlotte Wright Thomas, Bureau of School Service, Univ. of Kentucky
22. Health and Happiness Mother Goose Rhymes, R. W. Hamilton, Bureau of School Service, Univ. of Kentucky
23. We Will Sing One Song - Marie Goodwin Halbert, Bureau of School Service, Univ. of Kentucky
24. Garden Enemies, Elise Sams Patrick, Bureau of School Service, Univ of Ky.
25. Vegetables to Help us Grow, Rose and Bosley, Bureau of Publications, Teachers College, Columbia University, New York
26. Our Cereals, Rose and Bosley, Bureau of Publications, Teachers College, Columbia University, New York
27. Feeding Our Teeth, Rose Bosley, Bureau of Publications, Teachers College, Columbia Univ. New York
28. America For You, Julia Porcher Brunson, South Carolina State Health Dept., Division of Maternal and Child Health
29. Better Nutrition for Defense, Prepared by the Mississippi Home Economics Association Committee, Mississippi Civilian Defense Council
30. Food and Nutrition, American Red Cross Nutrition Service, The American National Red Cross, Washington, D. C.
31. The Modified Nutrition Course, Instructor's Outline, The American Red Cross Washington, D. C.





32. Handbook for the Health for Victory Club, Home Economics Institute, Westinghouse Electric and Mfg. Co., Mansfield, Ohio
33. Meal Planning Guide, Health for Victory Club, Home Economics Institute, Westinghouse Electric and Mfg. Co., Mansfield, Ohio
34. How to Pack Lunch Boxes for War Workers, Health for Victory Club, Home Economics Institute, Westinghouse Electric and Manufacturing Co., Mansfield, Ohio
35. Meat Alternates, Health for Victory Club, Home Economics Institute, Westinghouse Electric and Mfg. Co., Mansfield, Ohio
36. Alimentacion: Informe de la Comision de la Oficina Sanitaria Panamericana Oficina Sanitaria Panamericana, Washington, D. C.
37. Huertos Escolares, Oficina Sanitaria Panamericana, Washington, D. C.
38. More Zip with Better Between-Meal Snacks, Mina W. Lamb, Department of Foods and Nutrition, Texas Technological College, Lubbock, Texas
39. Nutrition, Vol. 6, No. 1, First Quarter, 1943, The Quaker Oats Company, Chicago, Illinois
40. 7 Ways to Make Meat Go Farther, Oatmeal Cookery, The Quaker Oats Company, Chicago, Illinois
41. 120 Wartime Meat Recipes, American Meat Institute, Chicago, Illinois
42. Eat the Right Food Daily, National Live Stock and Meat Board, Chicago, Ill.
43. Meat on the Home Front, National Live Stock and Meat Board, Chicago, Ill.
44. Health Education Materials 1942, National Dairy Council, Chicago, Ill.
45. Feeding the Child for Health, Educational Division, Calif. Fruit Growers Exchange Los Angeles, Calif.
46. Nutrition Research, Vol. 2, No. 2, Dec. 1942, Sunkist Research Staff, Los Angeles
47. Drafted for War Duty, Bewley Milling Company, Ft. Worth, Texas
48. Una Leche Superior, Carnation Company, Milwaukee, Wis.
49. A Guide to Royal Success in Baking, Standard Brands Inc., New York, N. Y.
50. Royal Recetas Culinarias, Standard Brands Inc., New York, N. Y.
51. For the Calcium You Need, Evaporated Milk Association, Chicago, Ill.
52. Vita-Min-Go Game, Lily-Tulip Company
53. How to Feed Young Children in the Home, Mary E. Sweeny and Dorothy Curtis Burk, The Merrill-Palmer School, Detroit, Michigan





## Books

1. Bogert L. Jean N. "Nutrition and Physical Fitness" Philadelphia and London, W. B. Saunders Company.
2. Bogert and Porter, "Dietetics Simplified" New York: The MacMillan Co.
3. Davis, Adelle, "Vitality through Planned Nutrition" New York: The MacMillan Company
4. Emerson, Wm. R. P. "Nutrition and Growth for Children" New York: D. Appleton and Company
5. "Good Housekeeping Cook Book" New York: Farrar and Rinehart
6. Harris and Lacy, "Everyday Foods" Chicago: Houghton Mifflin Co.
7. Marriot, Williams McKim, "Infant Nutrition" St. Louis: The C. V. Mosby Company
8. Pattee and Munsell, "Vitamins and Minerals for Everyone" New York: Putman's Sons.
9. Taylor, Clara Mae, "Food Values in Shares and Weights," New York: The MacMillan Company
10. Wilmot and Barjer, "Food For the Family" Chicago: J. B. Lippincott Company



## EXHIBIT "D"

### POSTERS

#### I. Commercial posters which were used

1. "Food - Natural Source of Vitamins" (Posters on Food Groups)
2. "The Simple Story of Nutrition" (Small Posters on Food Groups)
3. "Eat the Right Food Daily and Meat on the Food Front" (25 sets of charts) National Livestock and Meat Board, 407 South Dearborn St., Chicago, Illinois.

#### II. Posters developed for the Program

1. Women of the Food Front Club
2. Membership Roll Chart
3. Announcing Meeting Date and Time
4. Chart for Checking Foods Prepared at Home
5. Adjustable Food Value Charts (4)
6. Illustrated Chart on "Have I Had These Foods?"
7. Food Value Charts of Protein Foods

Peanut Butter	(2 tablespoons)
Beans	(1 cup cooked)
Cheese	(1 serving)
Eggs	(2)
Hamburger	(1 cake)

#### 8. Food Value Charts

Milk	(1 qt)
Popsicles	(3)

#### 9. Food Values of Two Contrasting Breakfasts (Courtesy of the Westinghouse Co.)

#### 10. Food Needs

Man Moderately Active	
Woman Moderately Active	
Boy	(16 years old)
Girl	(4 years old)

#### III. Illustrated Charts

1. Penas De Una Dieta Mala: Premios De Una Dieta Buena
2. Plantar Un Huerta Para C nar La Victoria Para Su Nino
3. Protein foods
4. Sources of Vitamin C





CHALMERS COURT

REGULAR MEETING

HOMEMAKERS ASK QUESTIONS AND EXCHANGE IDEAS DURING  
THE SAMPLING OF FOOD AT EACH DEMONSTRATION







CHALMERS COURT

REGULAR MEETING

SOME MEMBERS OF THE FOOD FRONT CLUB CANNING TOMATOES  
FOR THEMSELVES.

CHALLENGE



SANTA RITA COUNTY

REGULAR MEETING

SERVING DEMONSTRATED DISHES







SANTA RITA COURT

REGULAR MEETING

MEXICAN WOMEN ENJOY EATING THE DEMONSTRATED DISHES. SITTING AT THE TABLE ENCOURAGED SOCIABILITY, THE EXCHANGING OF IDEAS AND THE ASKING AND ANSWERING OF QUESTIONS.







SANTA RITA COURT

SPECIAL MEETING

THESE ARE SOME OF THE HOMEMAKERS WHO LEARNED HOW TO CAN THE  
VEGETABLES RAISED IN THEIR GARDENS.





ROSEWOOD COURT

REGULAR MEETING

DIRECTOR, CODIRECTOR AND ASSISTANT WORK TOGETHER IN GIVING  
A DEMONSTRATION. NEGRO WOMEN ARE STUDYING THE RECIPE SHEET.







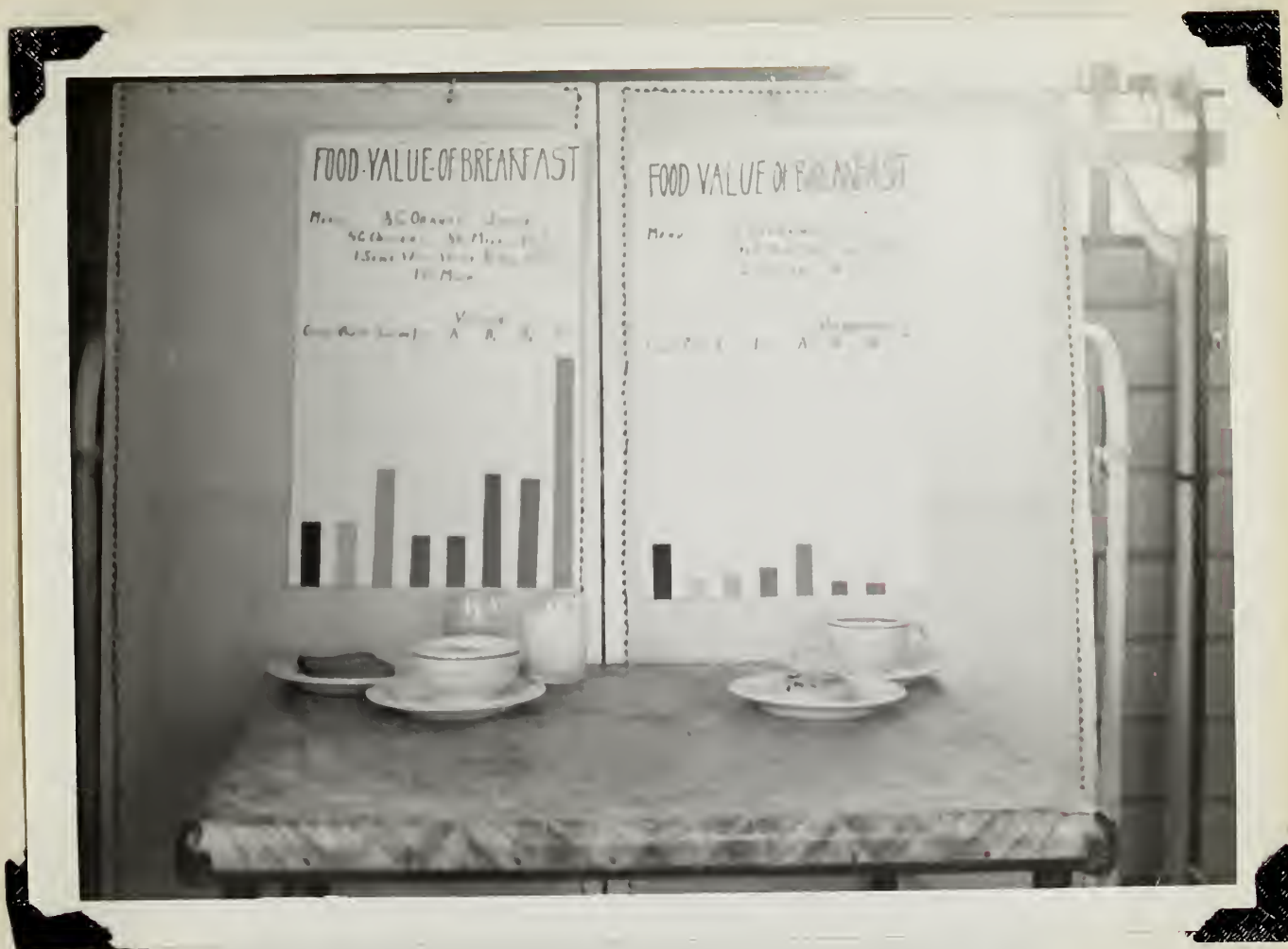
ROSEWOOD COURT

REGULAR MEETING

WOMEN ON THE FOOD FRONT CLUBS ARE INTERESTED  
IN VIEWING THE FINISHED PRODUCTS.







EXHIBITS SHOWING COMPARATIVE VALUE OF FOODS HAVE DEFINITE TEACHING VALUE. (Permission to duplicate exhibit granted by Westinghouse Company.)





ADJUSTABLE CHARTS ARE USED TO COMPARE THE ADEQUACY OF DEMONSTRATED DAYS MEALS WITH FOOD NEEDS OF INDIVIDUAL MEMBERS.





#### EXHIBIT ON SNACKS

MUCH INTEREST IS STIMULATED THROUGH DISCUSSION  
OF COMPARATIVE FOOD VALUE AND COST OF ITEMS  
INCLUDED IN THIS DISPLAY.









DR. JET WINTERS, CHAIRMAN OF THE RESEARCH SUB-COMMITTEE OF THE TEXAS STATE NUTRITION COMMITTEE AND NUTRITION PROBLEMS COMMITTEE AND PROFESSOR OF HOME ECONOMICS SERVED AS ADVISOR THROUGHOUT THE DEMONSTRATION.



# NUTRITIOUS MEALS USING LOW-COST RECIPES

Issued by the  
FOOD DISTRIBUTION ADMINISTRATION  
Southwest Region  
for use in  
NUTRITION DEMONSTRATION PROJECT  
Austin, Texas      Summer, 1943

THE NEW YORK PUBLIC LIBRARY  
ASTOR LENOX TILDEN FOUNDATION  
125 WEST 4TH STREET  
NEW YORK, N. Y.

## THE WHAT, WHO, WHERE AND WHY OF THESE MENUS AND RECIPES

This bulletin, NUTRITIOUS MEALS USING LOW-COST RECIPES, represents a plan for an adequate minimum cost diet for a moderately active woman. The cost per person for each day, according to prices in Austin, Texas during the Spring of 1943, was twenty-two and one half cents. The foods included are easily available, easily prepared, and within the allowance of ration points.

The work was part of the M. S. thesis of Miss Frances Hemphill, working under the direction of Doctor Jet C. Winters, Professor of Home Economics in the University of Texas. This bulletin was given to the homemakers in the low-cost housing projects in Austin, Texas during the Regional Nutrition Demonstration sponsored by the Nutrition and Food Conservation Branch of the Food Distribution Administration in cooperation with the Texas State Nutrition Committee and the Austin Housing Authority. At this time groups of these homemakers were members of Women on the Food Front Clubs.

Miss Hemphill prepared each day's menus and determined the calorie, protein, calcium, phosphorous, thiamin, niacin, pantothenic acid and riboflavin content. Vitamin A, ascorbic acid and iron were shown to be adequate by calculation only. The average dietary value of each week's menus and the market order are given on the following pages.

Dr. Jet Winters, as chairman of the sub-committee on Research of the Texas Nutrition Committee, has given valuable consultatory service throughout the project and it is through her generosity and interest that this material was made available to the regional nutritionist, the specialists conducting the nutrition demonstration project, and the State Nutrition Committees in the Southwest region.

Dr. Winters suggests that the state committees may use NUTRITIOUS MEALS USING LOW-COST RECIPES in any way they see fit and she states that suggestions and criticisms will be welcome also.



AVERAGE NUTRITIVE VALUE OF MENUS PROPOSED IN  
NUTRITIOUS MEALS USING LOW COST RECIPES

Week	Calo- ries	Pro- tein g/day	Ca mg/day	P mg/day	Thia- min mg/day	Ribo- flavin mg/day	Nia- cin mg/day	Panto- thenic Acid mg/day
1	2355	71	1.12	1.25	1.85	2.08	12.07	7.36
2	2230	80	1.29	1.46	1.75	2.10	10.63	8.42
3	2515	75	1.26	1.54	1.52	2.36	11.16	6.89
4	2500	84	1.28	1.48	1.87	1.96	11.74	6.09
Av	2400	77	1.24	1.43	1.75	2.12	11.40	7.19
Recommended Allowances	2500	60	.80	1.32*	1.50	2.2	15.00	10.00 **

\* Old "Standard"

\*\* Suggested by R. J. Williams



Market Order for Low-Cost Menus for 28 Days  
(for One Moderately Active Woman)

<u>Item</u>	<u>Amount-Lbs.</u>	<u>Cost-Cents</u>
<u>Cereals</u>		
Flour, white (enriched)	4	.160
Flour, whole wheat	1	.060
Oatmeal	$1\frac{1}{2}$	.075
Cracked Wheat	$\frac{1}{2}$	.035
Cornmeal	5	.150
Bread, white	$1\frac{1}{2}$	.100
Bread, whole wheat	1	.080
Spaghetti	$1\frac{1}{4}$	.025
<u>Dairy Products</u>		
Eggs (12)		.330
Milk, evaporated	$7\frac{1}{2}$ (15 small cans)	.750
Milk, fresh	15 (15 pts.)	.980
<u>Fats</u>		
Oleomargarine	$1\frac{1}{2}$	.255
Lard	1	.150
<u>Fruits</u>		
Grapefruit	2	.060
Prunes	$\frac{1}{2}$	.060
Raisins	$\frac{1}{2}$	.070
Bananas (2)		.060
<u>Meats</u>		
Hamburger	$\frac{1}{2}$	.125
Brisket Roast	$1\frac{1}{6}$	.040
Short Ribs	$2\frac{1}{5}$	.090
Bologna	$1\frac{1}{8}$	.025
Pig Liver	$2\frac{1}{3}$	.153
Heart	$1\frac{1}{5}$	.046
Kidney	$1\frac{1}{5}$	.046
Brains	$1\frac{1}{5}$	.040
Salt Jowl	1	.180
Fish, white	$1\frac{1}{2}$	.090
Cheese	$1\frac{1}{6}$	.053
<u>Sweets</u>		
Sugar	2	.120
Molasses	2	.140
<u>Vegetables</u>		
Beans, dried	2	.160
Potatoes	5	.200
Sweet Potatoes	4	.320
Carrots	$2\frac{1}{3}$	.100
Beets	1	.050

Market Order for Low-Cost Menus for 28 days  
(for one Moderately Active Woman)

Vegetables Cont'd

<u>Item</u>	<u>Amount-Lbs.</u>	<u>Cost-Cents</u>
Onions	3	.150
Turnips	3	.120
Tomatoes	1 1/4	.120
Greens	2	.140
(Turnips, Beets, and Carrots)		
Cabbage	2	.060
Sauerkraut	1/4	.020
<u>Miscellaneous</u>		
Peanut Butter	1	.200
Coffee	$\frac{1}{2}$	.120
Seasonings		.100
Total		<u>6.308</u>

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LOW COST MENUSBREAKFASTLUNCHSUPPERM O N D A Y

OATMEAL SUGAR MILK  
TOAST MARGARINE  
COFFEE

BLACK-EYED PEAS WITH  
SALT PORK  
TURNIPS MARGARINE  
CORN PONES MARGARINE  
MILK

ONION STUFFED LIVER  
MASHED POTATOES  
CARROT STRIPS  
BISCUIT MARGARINE  
MOLASSES  
MILK

T U E S D A Y

CRACKED WHEAT WITH RAISINS  
SUGAR MILK  
TOAST COFFEE

BACON SLICE AND FRIED  
CORNMEAL MUSH  
MOLASSES  
BEET GREENS  
BAKED SWEET POTATO  
MILK

BAKED BEANS  
CREAMED ONIONS  
CABBAGE AND CARROT SALAD  
BOSTON BROWN BREAD  
MARGARINE  
MILK

W E D N E S D A Y

OATMEAL HURRY-UPS  
MOLASSES MARGARINE  
COFFEE SUGAR MILK

BAKED BEAN SANDWICH ON  
BOSTON BREAD (2)  
TOMATO SOUP  
MILK

FRIED SALT JOWL CREAM GRAVY  
MASHED POTATOES AND  
RUTABAGAS  
BEET & ONION RING SALAD  
BISCUIT MARGARINE  
TAPIOCA CREAM  
MILK

T H U R S D A Y

STEWED PRUNES  
CRACKED WHEAT SUGAR  
COFFEE MILK

SCALLOPED POTATOES AND  
ONIONS  
CABBAGE SLAW  
TOASTED BISCUIT  
MOLASSES COOKIES

TAMALE PIE  
PINTO BEANS  
BOILED CARROT & TURNIP  
STRIPS WITH MARGARINE  
WHOLE WHEAT MUFFINS  
MARGARINE  
MILK

F R I D A Y

OATMEAL SUGAR MILK  
TOAST  
COFFEE

PINTO BEANS WITH TOMATO  
SAUCE  
GLAZED ONIONS  
CORN PONES MARGARINE  
MILK

FISH BAKED IN MILK  
FRENCH FRIED POTATOES  
RUTABAGAS  
WHOLE WHEAT BREAD  
MARGARINE  
CEREAL PUDDING  
MILK



BREAKFAST

OATMEAL      SUGAR  
FRIED SALT JOVL WITH  
    GRAVY  
BISCUIT   MARGARINE   MOLASSES  
MILK

LUNCH

S A T U R D A Y

PEANUT BUTTER SOUP  
BAKED SWEET POTATO  
BEET GREENS  
CORNBREAD    MARGARINE

SUPPER

BEAN CASSEROLE  
BEET AND ONION SALAD  
CORN MUFFINS   MARGARINE  
MOLASSES COOKIES

S U N D A Y

BREAKFAST

HALF GRAPEFRUIT  
CORNMEAL HOTCAKES   MARGARINE  
    MOLASSES  
COFFEE    SUGAR    MILK

DINNER

BRAISED SHORTRIBS GRAVY  
SWEET POTATO-RAISIN CASSEROLE  
TURNIP GREENS  
BISCUIT    MARGARINE  
EGGLESS CAKE

SUPPER

PEANUT BUTTER SANDWICH  
CABBAGE SLAW  
OATMEAL COOKIES  
MILK



LOW COST MENUS

-5-

BREAKFAST

LUNCH

SUPPER

M O N D A Y

OATMEAL SUGAR MILK  
TOAST  
COFFEE

PINTO BEANS WITH SALT JOVL  
TURNIP GREENS  
CORN PONES MARGARINE

STUFFED CABBAGE WITH  
TOMATO SAUCE  
GLAZED SWEET POTATO  
SHREDDED RAW TURNIPS  
WHOLE WHEAT MUFFINS  
MARGARINE  
BANANA CUSTARD  
MILK

T U E S D A Y

OATMEAL WITH RAISINS  
SUGAR MILK  
TOAST  
COFFEE

BEAN SALAD  
RAW CARROT STRIPS  
HOG CAKE  
MILK

CREAMED EGGS & POTATOES  
RUTABAGAS  
CABBAGE & ONION SALAD  
CORN PONES MARGARINE  
GINGERBREAD  
MILK

W E D N E S D A Y

OATMEAL SUGAR MILK  
WHOLE WHEAT HOTCAKES  
MOLASSES  
COFFEE

PEANUT BUTTER-BEAN SANDWICHES  
(2)  
RAW TURNIP STRIPS  
MILK

BALONGA & SAUERKRAUT  
SWEET POTATO PUFF  
CORNBREAD MARGARINE  
PRUNE SHORTCAKE  
MILK

T H U R S D A Y

HALF GRAPEFRUIT  
OATMEAL SUGAR MILK  
TOAST  
COFFEE

BLACK-EYED PEAS WITH  
SALT JOVL  
SCALLOPED CABBAGE  
CORN PONES MARGARINE  
MILK

LIVER LOAF  
MASHED POTATOES  
BEET & SAUERKRAUT SALAD  
BISCUIT MARGARINE  
INDIAN PUDDING  
MILK

F R I D A Y

CRACKED WHEAT SUGAR MILK  
TOAST  
COFFEE

POTATO-ONION SOUP  
BEANS  
CARROT & RAISIN SALAD  
CORNSTRAW  
MILK

CHEESE SOUFFLE  
TURNIPS AND GREENS  
BISCUIT MARGARINE  
SWEET POTATO PIE  
MILK

BREAKFAST

LUNCH

SUPPER

S A T U R D A Y

STEVED PRUNES  
OATMEAL SUGAR MILK  
CARAMEL BISCUIT  
COFFEE

BAKED BEANS  
RAW TURNIP & ONION SALAD  
CORN STICKS MARGARINE  
MILK

PORK FRIED COUNTRY STYLE  
WITH POTATOES  
CABBAGE, CARROT, & RAISEN  
SALAD  
PEANUT BUTTER BISCUIT  
MARGARINE MOLASSES  
MILK

S U N D A Y

BREAKFAST

DINNER

SUPPER

HOT CORNMEAL MUSH MOLASSES  
COFFEE SUGAR MILK

BAKED STUFFED HEART GRAVY  
BUTTER POTATOES  
CABBAGE SLAW  
BISCUIT MARGARINE  
RAISEN TART

POTATO SALAD  
RAW CARROT STRIPS  
WHOLE WHEAT CINNAMON TOAST  
MILK

LOW COST MENUS

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BREAKFAST

LUNCH

SUPPER

MONDAY

OATMEAL SUGAR MILK  
TOAST  
COFFEE

STUFFED ONION WITH CORNMEAL MUSH  
AND PEANUT BUTTER  
CARROT AND PRUNE SALAD  
WHOLE WHEAT BISCUIT MARGARINE  
MOLASSES  
MILK

BLACK-EYED PEAS WITH  
SALT JOWL  
HARVARD BEETS  
CABBAGE & ONION SALAD  
CORNCAKES MARGARINE  
SWEET POTATO PUDDING

TUESDAY

OATMEAL WITH RAISINS MILK  
CRACKED WHEAT MUFFINS  
MARGARINE  
COFFEE SUGAR MILK

EGG CROQUETTES  
GLAZED SWEET POTATOES  
TURNIP GREENS  
CORN PONES MARGARINE MOLASSES  
MILK

LIVER CHOP SUEY  
BOILED CARROT & TURNIP  
STRIPS  
TOAST MARGARINE  
BANANA TART

WEDNESDAY

CRACKED WHEAT SUGAR MILK  
COFFEE CAKE  
COFFEE

BLACK-EYED PEAS  
FRIED SWEET POTATOES  
CORNSTIKES MARGARINE  
MILK

PEANUT-CARROT LOAF  
GLAZED ONIONS  
MASHED POTATOES  
CABBAGE & RAISIN SALAD  
BOSTON BROWN BREAD WITH  
VANILLA SAUCE & RAISINS  
MILK margarine

THURSDAY

OATMEAL SUGAR MILK  
TOAST  
COFFEE

FRIED CORNMEAL MUSH MOLASSES  
POTATO SALAD  
BUTTERED BEETS

ERAISED KIDNEY AND  
VEGETABLE STEW  
CABBAGE SALAD  
WHOLE WHEAT MUFFINS  
MARGARINE  
MOLASSES TART  
MILK

FRIDAY

OATMEAL WITH PRUNES  
SUGAR MILK  
CARAMEL BISCUIT  
COFFEE

CREAMED EGGS AND POTATOES  
CARROT AND RAISIN SALAD  
CORN PONES MARGARINE  
MILK

BAKED BEANS  
BEET GREENS  
POTATO PUFFS  
BOSTON BROWN BREAD  
MARGARINE  
MILK

BREAKFAST

LUNCH

SUPPER

S A T U R D A Y

OAT PANCAKES MOLASSES  
COFFEE SUGAR MILK

BAKED BEAN AND PEANUT BUTTER  
SANDWICH (2)  
TURNIP AND ONION RINGS  
IN VINEGAR  
CORNSTRAW  
MILK

BREADED DRAINS IN  
CREAM SAUCE  
FRENCH FRIED POTATOES  
BOILED CABBAGE  
WHOLE WHEAT BISCUIT  
MARGARINE  
MILK

S U N D A Y

BREAKFAST

DINNER

SUPPER

FRIED SALT JOWL GRAVY  
WHOLE WHEAT BISCUITS MOLASSES  
COFFEE SUGAR MILK

BEEF BRISKET WITH  
STEAMED DUMPLINGS  
SEASONED BEET GREENS  
BISCUIT MARGARINE  
COCOA PUDDING  
MILK

PEANUT BUTTER-BANANA  
SANDWICH ON WHOLE WHEAT  
BREAD (2)  
RAW TURNIP & CARROT STRIPS  
OATMEAL COOKIES  
MILK

LOW COST MENUS

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BREAKFAST

LUNCH

SUPPER

M O N D A Y

OATMEAL SUGAR MILK  
TOAST  
COFFEE

HOT CABBAGE WITH SALT JOWL  
SWEET POTATO-RAISIN  
CASSEROLE  
CORN PONES MARGARINE  
MILK

PINTO BEANS WITH JOWL  
TURNIP GREENS  
BOILED CARROTS  
ONION RINGS IN VINEGAR  
CORN MUFFINS MARGARINE  
PRUNE BETTY  
MILK

T U E S D A Y

CRACKED WHEAT SUGAR MILK  
TOAST  
COFFEE

PEANUT-BUTTER ONION SANDWICH  
(2)  
COLE SLAW  
MILK

BEANS WITH CHILI POWDER  
POTATOES & RUTABAGAS  
CORN PONES MARGARINE  
BANANA CREAM PIE  
MILK

W E D N E S D A Y

CRACKED WHEAT WITH RAISINS  
MILK SUGAR  
TOAST  
COFFEE

BLACK-EYED PEAS  
SEASONED TOMATOES  
CARROT STRIPS  
CORNBREAD MARGARINE

LIVER & ONION CASSEROLE  
COTTAGE FRIED POTATOES  
TURNIP GREENS  
BISCUIT MARGARINE  
MOLASSES  
MILK

T H U R S D A Y

OATMEAL HURRY-UPS  
MARGARINE MOLASSES  
COFFEE SUGAR MILK

ONION & HARD-BOILED EGG  
CASSEROLE  
BAKED SWEET POTATO  
CABBAGE AND RAISIN SLAW  
CORN PONES MARGARINE  
MILK

MEAT LOAF WITH OATMEAL  
MASHED POTATOES  
BOILED CARROT & TURNIP  
STRIPS  
BISCUIT MARGARINE  
PRUNE WHIP

F R I D A Y

HALF GRAPEFRUIT  
OATMEAL SUGAR MILK  
TOAST  
COFFEE

BEANS WITH JOWL  
FRENCH FRIED ONIONS  
CARROT STRIPS  
CORNETTES MARGARINE  
MILK

BROILED WHITING WITH  
MUSTARD SAUCE  
SCALLOPED POTATOES  
TURNIP GREENS  
WHOLE WHEAT MUFFINS  
MARGARINE MOLASSES  
MILK

BREAKFAST

LUNCH

SUPPER

S A T U R D A Y

OATMEAL WITH PRUNES  
SUGAR                MILK  
TOAST  
COFFEE

POTATO SALAD  
PEANUT-BUTTER BACON  
SANDWICH (2)  
CORNSTRAWES  
MILK

FRICASSEED PORK  
BLACK-EYED PEAS  
BEET AND UNION RINGS  
MIXED GREENS (BEET AND  
CARROT TOP)  
DISCUIT MARGARINE  
SWEET POTATO PIE  
MILK

S U N D A Y

BREAKFAST

DINNER

SUPPER

HALF GRAPEFRUIT  
HOT CORNMEAL MUSH MARGARINE  
COFFEE SUGAR MILK

DRAISED SHORT RIBS WITH  
SPAGHETTI  
MASHED SWEET POTATOS AND  
TURNIPS  
PICKLED BEET SLICES  
DISCUIT MARGARINE  
BUTTERSCOTCH PUDDING

SPAGHETTI IN BEEF BROTH  
LEFTOVER POTATO & TURNIP  
TOASTED DISCUIT  
MILK



## ABBREVIATIONS

-11-

t.-----	teaspoon
T.-----	Tablespoon
c.-----	Cup
F.-----	Fahrenheit
lb.-----	Pound
Med.-----	Medium
qt.-----	Quart

## BREADs

### Biscuits, Baking Powder

1/2 c. flour	2/3 T. lard
1 t. baking powder	2 2/3 T. milk
Salt	1 1/3 T. water

Mix lard with flour. Add salt and mixture of milk and water. Roll out, cut and bake in greased pan.

#### Variations:

Caramel: Add 2 t. sugar to basic recipe. Place 1 T. molasses in baking dish. Add biscuit dough and bake.

Peanut Butter: 1 T. peanut butter substituted for 1/3 T. lard.

Whole Wheat: Substitute whole wheat flour for white.

### Boston Brown Bread (8 servings)

1 c. corn meal	1 t. salt
1 c. whole wheat flour	3/4 c. molasses
1 c. oatmeal	2 c. sour milk or 1 3/4 c. sweet
3/4 T. soda	3 t. baking powder                      milk

Mix and sift the dry ingredients. Mix molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well greased molds (3 No. 2 cans), filling each about 2/3 full. Cover with waxed paper and tie firm with string. Steam in large kettle in which 2 cups hot water have been placed about 3 hours. Remove covers and bake the bread long enough to dry it off. Temperature 375°F.

Browned Corn Meal Mush  
(1 serving)

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Brown  $1\frac{1}{2}$  c. white cornmeal in a skillet. Put into top pan of double boiler and mix well with  $1\frac{1}{2}$  c. boiling water. Season to taste with salt and cook for 10 minutes. Serve hot with cream and sugar.

Variation: Fried:

Pour into bowl and let cool, slice, and fry in hot fat.

Cornbread  
(6 servings)

3 c. corn meal  
 $\frac{1}{2}$  t. salt  
 $1\frac{1}{2}$  c. milk

5 t. baking powder  
3 t. lard

Mix dry ingredients. Stir in milk and melted margarine. Bake in greased pan.

Corn Meal Pancakes  
(1 serving)

$\frac{1}{2}$  c. corn meal  
 $\frac{1}{4}$  c. flour  
1 t. baking powder  
 $\frac{1}{6}$  egg

$\frac{1}{4}$  t. salt  
 $\frac{1}{4}$  c. milk  
2 t. margarine

Mix dry ingredients. Stir in milk and melted margarine. Fry on hot, slightly greased griddle.

Corn Pone  
(2 servings)

1 c. corn meal  
 $\frac{2}{3}$  t. salt

2 c. boiling water

Sift corn meal and salt together. Add boiling water to make firm mixture. Shape into thin cakes, place in pan well greased with bacon fat and bake in hot oven ( $400^{\circ}\text{F.}$ ) 15 to 20 minutes, or fry.

Cornettes  
(1 serving)

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1/2 c. corn meal  
1 T. margarine

Salt  
1/2 c. milk

Scald milk and add other ingredients. Leave 5 minutes, until mixture thickens. Drop by spoonfuls on oiled baking sheet and bake in moderate oven.

Cornstraws  
(1 serving)

1/2 c. cornmeal  
1 t. lard

1/2 t. salt  
3/4 c. boiling water

Combine ingredients and pour onto greased baking sheet. Bake in 400°F. oven until crisp. Score into long strips.

Cracked Wheat Muffins  
(4 servings)

1 c. flour  
1 3/4 t. baking powder  
1/4 t. salt  
1/2 c. cracked wheat

1 1/2 T. fat  
1/2 c. milk  
1 T. sugar  
1/4 c. water

Soak cracked wheat in water (1/4 c.) for 1/2 hour. Sift flour, baking powder, salt, and sugar together, add the soaked wheat, milk, and melted fat, mix and bake in muffin tins until done. Temperature: 425°F.

Hoe Cakes  
(1 serving)

1/2 c. corn meal  
1/2 t. salt

1 c. boiling water  
1/4 T. margarine

Mix corn meal and salt. Pour boiling water over mixture. Add shortening and beat well. Spread 1/2 inch thick on greased baking pan. Bake in moderate oven until crisp-about 35-45 minutes.

Oat Pancakes  
(1 serving)

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1 c. flour  
1 1/2 t. baking powder  
1 t. salt  
2 t. soda

1 c. rolled oats  
2 eggs, well beaten  
2 c. sour milk  
4-6 T. melted fat

Sift dry ingredients together and mix with oats, then combine the other ingredients and add them to the dry mixture, stir and cook on hot griddle

Oatmeal Murry-Ups  
(4 servings)

1 c. sifted, enriched flour  
3 t. baking powder  
3 T. shortening

1/2 t. salt  
1 1/2 c. oatmeal  
1 1/4 c. milk

Sift flour, salt and baking powder. Add oatmeal. Cut in the shortening. Stir in the milk. Drop by teaspoonful on a well greased baking sheet. Bake in preheated 450° oven for 15 minutes. Makes 2 dozen.

Whole Wheat Hotcakes  
(1 serving)

1/3 c. flour (whole wheat)  
1 t. lard  
1 t. baking powder

1/4 t. salt  
1/3 c. milk  
1/8 c. water

Mix dry ingredients. Stir in milk and melted lard. Fry on hot, slightly greased griddle.

Whole Wheat Muffins  
(6 servings)

1 1/2 c. flour  
1 1/2 c. whole wheat flour  
1 1/2 c. liquid (1/2 milk and  
1 egg 1/2 water)

2 T. sugar  
1 t. salt  
3 t. baking powder  
3 T. lard

Sift flour, whole wheat flour, sugar, salt and baking powder together. Beat egg slightly and add to liquid. Stir this egg milk mixture into the dry ingredients, add melted lard. Bake in greased muffin pans in a hot oven.

# DESSERTS

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## Banana Cream Pie (6 servings)

5 T. flour	1 c. milk, scalded
1/4 t. salt	1 egg yolk, slightly beaten
4 T. sugar	2 t. vanilla
1/2 c. cold milk	3 bananas
1 baked 9-inch pie shell	

Combine sugar, flour, and salt. Add cold milk and mix well. Add scalded milk gradually, place in double boiler, and cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, return to double boiler, and cook 3 to 4 minutes longer. Cool, add vanilla. Chill. Add slices of one banana. Slice second banana and arrange in pie shell. Pour in chilled filling; slice remaining banana over top.

## Banana Custard ( 1 serving)

1 t. flour	1/2 small banana
1/6 egg	1 T. sugar
1/6 c. milk	

Scald milk in top of double boiler. Beat egg and add sugar and flour. Add to milk and cook until thick. Cool. Serve topped with sliced banana.

## Banana Tart (1 serving)

Pastry Shell	Filling
1/3 c. whole wheat flour	1/3 c. evaporated milk, chilled
1 t. lard	1/2 banana sliced
cold water	1 T. sugar
	1/4 t. vanilla

Bake pastry shell and cool. Whip milk and add sugar and vanilla. Pour into shell, top with banana slices.

## Butterscotch Pudding (6 servings)

1 c. brown sugar	1/4 c. flour
2 c. milk	2 eggs

Mix sugar and one and one-half cups of milk. Scald in double boiler until sugar is dissolved. Mix flour with beaten egg-yolks and the remaining half cup of milk and add to the hot milk, stirring constantly until it thickens. Remove from fire and fold in stiffly beaten egg whites. Chill and serve. (White sugar may be used--brown in frying pan.)



Cocoa Pudding  
(6 servings)

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2 c. milk	1/2 t. salt
1/4 c. sugar	2 T. cocoa
3 T. flour	2 T. margarine

Use same directions as in Chocolate Sauce.

Chocolate Sauce

1 c. milk, scalded	1 T. margarine
1/3 c. sugar	1/2 t. vanilla
1/4 c. cocoa	1/8 t. salt
1 T. flour	

Mix dry ingredients. Add a little hot milk and mix until smooth. Pour into remainder of milk and cook in double boiler until thickened, stirring constantly. Add butter and vanilla. Serve hot or cold.

Coffee Cake  
(2 servings)

1 c. flour	1/2 c. milk
1/4 t. salt	2 T. melted margarine
2 T. sugar	2 t. baking powder

Topping:

Sift dry ingredients. Add margarine to milk. Combine with dry ingredients and pour into oiled pan. Sprinkle with mixture of sugar, flour, and margarine.

Eggless Cake  
(4 servings)

1/4 c. shortening	1/2 t. baking powder
1 c. sugar	1 t. salt
2 c. sifted flour	1 c. sour milk
1/2 t. soda	1 t. vanilla

Melt shortening, add sugar. Add flour alternately with milk. Add vanilla and pour into well-greased and floured 9-inch square pan. Bake 30 minutes in a moderate oven 350°F.

Gingerbread  
(12 servings)

1 egg, well beaten	1/2 c. sugar
1 c. molasses	1 1/2 t. soda
1/3 c. fat, melted	1 t. ginger
2 1/2 c. flour	1/2 t. salt
1 c. hot water	1 T. cinnamon

Mix egg, molasses, fat and water. Mix and sift dry ingredients and add liquid, mixing quickly. Batter should be soft. Bake in a moderate oven in a greased shallow pan 30 to 35 minutes.



Indian Pudding  
(6 servings)

5 c. scalded milk	1/2 c. molasses
1/3 c. corn meal	1 t. salt

Pour milk slowly on meal, cook in double boiler 20 minutes. Add molasses and salt. Pour in buttered baking dish and bake two hours in slow oven.

Molasses Cookies  
(2 servings)

1 T. margarine	3/4 c. enriched flour
2 T. sugar	Salt
2 T. molasses	1 T. milk

Cream margarine and sugar. Add molasses and milk. Add other ingredients. Mix thoroughly. Chill. Roll dough thin, cut and bake on oiled sheet.

Molasses Tarts  
(6 servings)

1 1/2 c. molasses	1 c. soft bread crumbs
1 t. grated lemon rind	

Combine ingredients and place a layer in muffin pans lined with pastry. Bake in moderate oven 15 - 20 minutes until pastry is golden brown.

Pastry:

1 1/2 c. flour	1/3 c. fat
1/3 t. salt	1/3 c. ice-cold water

Oatmeal Drop Cookies  
(6 dozen)

1/2 c. sugar	1 c. flour
6 T. fat	1/2 t. salt
2 T. sour milk	1/4 t. soda
1 c. rolled oats	1 t. baking powder
1 c. raisins	

Combine flour, salt, soda, baking powder, sugar and rolled oats. Mix well. Add raisins; add milk. Bake in hot oven (425° F.) for 15 minutes.

Prune Betty  
(6 servings)

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3 T. margarine	1/2 c. fruit juice
2/3 c. bread crumbs	1/16 t. salt
1/4 c. brown sugar	1/8 t. cinnamon
1 c. prunes, stewed	1/8 t. nutmeg

Grease baking dish and then crumbs. Place a layer of prunes which have been soaked and simmered for 10 minutes, in the dish, sprinkle with sugar, spice, and a dash of salt. Add a layer of crumbs. Alternate fruit and crumbs to fill the dish. Add fruit juice just before the last layer of crumbs. Cover and bake at 350°F. for 30 minutes. Remove cover and bake until brown.

Prune Short Cake  
(1 serving)

1/3 c. flour	1/4 c. prunes (stewed)
1/4 t. baking powder	2 t. brown sugar
Salt	Cinnamon
1 t. fat	2 T. milk

Sift dry ingredients together. Cut in fat. Add milk to flour and fat mixture. Roll the dough to fit a layer-cake pan or cut with large biscuit cutter. Bake on sheet at 400°F. or hot oven for about 20 minutes. When done, split into 2 parts, butter and put prune mixture between layers and on top. Mash prunes to pulp. Add sugar and spice.

Prune Whip  
(6 servings)

1 c. mashed prune pulp	1 c. evaporated milk (cold)
4 T. sugar	2 T. lemon juice

Wash 2 cupsful of dried prunes and soak overnight. Heat gradually in water in which they were soaked, and cook slowly until the skins are tender (10-15 minutes). Drain, remove stones, and put prunes through a strainer. Whip milk until foamy. Add lemon juice slowly, and continue whipping until stiff. Fold in sugar and mashed prune whip.

Raisin Tart  
(1 serving)

1/6 c. raisins	1 T. sugar
1/6 t. margarine	1/6 t. grapefruit juice
1/2 t. flour	Salt

Cook raisins in small amount of water until tender. Add sugar and butter. After cooking, add grapefruit juice. Add salt. Sift until smooth. Cook a few minutes until thick, and place in baked tart shell.

Pastry:

1/4 c. flour	1 T. lard
Cold water	Salt

Sweet Potato Pudding  
(6 servings)

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Mix 1 c. sugar, 1 c. molasses, 2 T. butter substitute, 2 c. grated raw sweet potatoes, 1/4 c. milk, 1 tsp. ginger. Bake 1 1/2 hours in buttered pan or casserole in moderate oven 350°F. Serve hot or cold with milk or cream.

Sweet Potato Pie  
(6 servings)

1 1/2 c. hot mashed sweet potatoes	1/4 t. allspice
2 eggs, slightly beaten	1/4 t. ginger
1/3 c. sugar	1/2 c. milk
1/2 t. salt	2 T. margarine, melted
1/4 t. cinnamon	

Line 8-inch pie plate with pastry. Mix other ingredients in order given; turn into pie shell and bake in hot oven. 450°F, 10 minutes; then reduce heat to moderate, 350°F., and bake 25 to 35 minutes longer, or until knife inserted in pie comes out clean.

Tapioca Cream  
(6 servings)

3 c. milk, scalded	1/2 t. vanilla
1/3 c. quick-cooking tapioca	1/8 t. salt
1 egg	1/4 c. sugar

Add tapioca and salt to milk and cook in double boiler until tapioca is transparent (20 to 30 minutes), stirring occasionally. Separate egg, beat yolk, add sugar and mix. Pour 1/2 c. of hot mixture over egg yolk, stirring constantly. Add this mixture to tapioca and cook from 2 to 3 minutes, stirring constantly. Remove from stove and add vanilla. Beat egg white stiffly and fold into the hot mixture. Chill.

MEAT AND MAIN DISHES

Baked Stuffed Onion  
( 1 serving)

1 onion	2 T. mush (browned meal)
1/2 T. peanut butter	1 t. margarine
1/3 t. salt	

Scoop the center from root-end of onion leaving a shell. Chop onion removed from center and mix with remaining ingredients. Stuff onion shell with this mixture. Bake in a moderate oven 350°-400° until brown.

To make browned meal mush, thoroughly brown meal in oven, and proceed as for other mush.

Baked Beans  
(12 servings)

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3 c. dried beans	2 T. sugar
1/4 lb. salt pork	1/4 t. mustard
2 T. molasses	2 t. salt

Pick over beans and wash thoroughly. Soak overnight in cold water. Drain, cover with cold water, and cook slowly 45 minutes. Drain, cover with cold water, and cook slowly 45 minutes. Drain and pour beans in a baking dish. Scrape and cut pork in 1/2 inch strips, bury in beans. Mix remaining ingredients with enough boiling water to dissolve, add to beans. Cover with boiling water, cover, and bake from 4 to 6 hours, adding more hot water if necessary. Uncover for last hour to allow beans and pork to brown. (an onion may be buried with the beans for additional flavor.)

Bean Casserole  
(1 serving)

7 T. cooked beans	2 thin slices salt jowl
1/4 onion	1 T. canned tomatoes

Fry salt jowl and mince. Mix onion, salt jowl, tomatoes and drippings from jowl with beans and bake in casserole.

Braised Kidney and Vegetable Stew  
(6 servings)

1 lb. kidney	1 T. fat
5 potatoes, cubed	1 1/2 t. salt
4 carrots, cubed	1/2 t. chili powder
1 large onion, diced	1/8 t. pepper

Split kidney through the center; remove fat and heavy veins. Cut in pieces, cover with cold water, and heat slowly to boiling point. Discard water. Wash and add more cold water and parboil again, discarding water. Brown onion in fat with seasonings (use kettle in which stew is to be made). Add meat and cook until brown. Add 4 cups water and vegetables; cover and simmer until meat is tender (about 2 hours). (Stew may be thickened with 2 T. flour mixed with 1/2 c. cold water, if desired).



Brisket of Beef with Steamed Dumplings  
(6 servings)

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1 lb. brisket of beef	6 carrots
3 T. flour	6 medium-size potatoes
2 T. shortening	2 onions
3 c. water	1 1/2 t. salt
	1/4 t. pepper

Cut meat into serving portions, dredge in the flour and brown in hot shortening in stewing kettle. Add water and cook on low heat until meat is nearly tender. Bring to a boil and add carrots, potatoes, onions, salt and pepper. Cook 20 minutes. Place dumpling dough over vegetables and cook 20 minutes. Remove dumplings to a deep dish and pour gravy.

Dumplings:

1 c. flour	2 T. shortening
1 1/2 t. baking powder	1/3 c. milk
1/2 t. salt	

Cheese Souffle  
(6 servings)

1 T. flour	3 egg yolks, beaten until thick and lemon-colored
1 c. grated cheese	3 egg whites, stiffly beaten
1 t. salt	
1 c. milk	

Combine flour, salt, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add cheese and stir until melted. Remove from boiling water; cool slightly. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water; bake in moderate oven (350°F.) 50 minutes, or until firm.

Creamed Brains on Toast  
(4 servings)

1 lb. brains	Water
4 T. butter or other meat drippings	4 T. flour
2 c. milk	1 t. salt
1/8 t. pepper	4 slices toast

Remove membrane from brains. Simmer 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar have been added for each quart of water used. Drain and plunge into cold water. Melt fat and stir in flour. Add milk, salt and pepper and cook until thick, stirring constantly. Break brains into small pieces and add to cream sauce. Serve hot on toast.

Creamed Eggs and Potatoes  
(6 servings)

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4 hard-cooked eggs, slices	1 t. salt
5 medium potatoes, diced	1/8 t. pepper
2 c. medium white sauce	

Cook potatoes in boiling salted water. Mix white sauce, potatoes, seasonings, eggs, and reheat.

Medium White Sauce

1 c. milk	2 T. flour
2 T fat	1/2 t. salt
1/8 t. pepper	

Melt the fat, add flour, seasonings, and stir until smooth. Add milk slowly, stirring constantly. Cook in double boiler until thickened, stirring constantly. Cover and continue cooking 15 minutes.

Egg Croquettes  
(3 servings)

4 hard-boiled eggs	1 T. flour
1 slightly beaten egg	1/4 c. milk
1 slice toast	salt
1 T. lard	pepper

Chop hard boiled eggs as fine as possible, season with salt and pepper. Make a thick cream sauce of fat, flour, and milk. Mix with eggs and spread out on a platter to cool and stiffen.

Shape the egg mixture into 6 croquettes with a spoon. Dip in slightly beaten egg, then in crumbs. Fry in fat.

Fish Baked in Milk  
(6 servings)

1 1/2 lb. whiting	2 T. margarine
2 T. flour	1 t. salt
1/2 c. milk	1/8 t. pepper

Place fish in greased baking dish. Sprinkle with flour and seasonings. Add milk and dot with margarine. Bake 20 to 30 minutes in moderate oven.

Fricassee Pork  
(1 serving)

1/4 lb. salt pork	1 T. flour
1/2 t. vinegar	1/6 small onion
1/8 t. chili powder	



Scrape salt from pork before cutting into cubes. Sprinkle pork with vinegar and chili powder; roll in flour, brown well in hot pan; add onion which has been sliced thinly; cover with water and cook. Let simmer 1 1/2 hours. Pour off excess fat.

Fried Pork Country Style  
(1 serving)

1/12 lb. salt pork	1/6 c. flour
1/12 c. corn meal	1/6 c. milk
pepper	1/2 t. margarine
1/4 c. potatoes	

Use medium sized slices of pork freshened by putting in pan of cold water and bringing to a boil; drain well and roll first in cornmeal and then in flour; fry in a very hot frying pan until crisp; remove to pan in which it can be kept warm. Using fat from pork stir in 2 T. flour for each 2 T. fat used. Cook 2 minutes stirring well. Take pan from fire; add milk slowly. When smooth and well mixed cook 1 minute, add butter and pepper. Then add potatoes which were cut into cubes and boiled in unseasoned water; stir well and pour into service dish; garnish with fried pork.

Fried Salt Pork With Cream Gravy  
(1 serving)

1 slice salt pork	1 t. flour
1/6 c. milk	Pepper
1 t. fat from pork	

Use medium sized slices of salt pork which have been cut thin. Freshen by putting in cold water and bringing to a boil; drain well and dry on napkin. Heat frying pan very hot, place flour on plate; dip each slice of pork in flour and fry until crisp; remove to service plate. Using fat from pork stir in 2 T. flour for each 2 T. fat used. Cook 2 minutes stirring well. Take pan from fire; add milk slowly. When smooth and well mixed, cook 1 minute, add pepper and turn gravy over meat.

Liver and Onion Casserole  
(1 serving)

1/6 lb. liver	1 small onion
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Peel and slice onion. Put liver in greased pan; cut into liver and insert onion slices. Bake until tender (or simmer until tender).

Liver Chop Suey  
(6 servings)

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1 lb. liver, fried and diced	3 T. grated cheese
1 onion, diced	1 1/2 c. noodles (spaghetti)
2 T. fat	2 t. salt
1 1/2 cups tomatoes	1/3 t. pepper

Brown onion in melted fat. Add liver, tomatoes, and seasonings; simmer 10 minutes. Cook spaghetti in large amount of boiling, salted water until tender; drain. Place on platter and pour liver mixture over it. Sprinkle with cheese.

Liver Loaf  
(6 servings)

1 lb. pork liver	1 medium onion
2 c. bread crumbs	1/4 c. tomato juice or other vegetable water
1 t. salt	
1 egg (optional)	

Put liver through meat grinder. Add bread crumbs, onion, tomato juice, salt and beaten egg. Put in greased baking dish, and place in pan containing warm water. Bake slowly 30 to 40 minutes.

Liver Stuffed Onion  
(1 serving)

1 serv. liver, cubed (1/6 lb.)	1 medium onion
1 T. cracked wheat, soaked	1 t. lard
salt	

Drop liver into boiling water. Drain. Put through food chopper or chop. Scoop out onion and chop. Mix liver, onion, cracked wheat, and fat. Place in onion shell in casserole. Cover bottom with water. Bake in moderate oven 325°F. for 30 minutes.

Meat Loaf with Oatmeal  
(6 servings)

1 lb. hamburger meat	1 c. milk or 1 c. tomatoes
1 c. uncooked oatmeal	1 1/2 t. salt
1 med. onion diced	1/8 t. pepper

Mix all ingredients, place in greased loaf pan and bake in moderate oven about 45 minutes.

Onions and Hard-boiled Eggs in Casserole  
(4 servings)

16 small white onions	1 c. milk
4 eggs	Breadcrumbs
3 T. margarine	Salt
1 c. onion water	Pepper
3 T. flour	

Peel and boil onions in salted water for 15 minutes. Hard boil 4 eggs and cut in thin slices. Melt 3 T. margarine in saucepan, stir in flour, add 1 c. water and 1 c. milk, stirring constantly. Season with salt and pepper. Cook for 5 minutes. Add onions, well drained and sliced eggs.

Turn into buttered casserole. Sprinkle top with bread crumbs. Bake 350°F. for 20 to 30 minutes.

Peanut and Carrot Loaf  
(6 servings)

1 c. chopped carrots	1 1/2 T. fat
1/2 c. peanut butter	4 eggs, slightly beaten
1 c. strained tomatoes	1 t. chopped parsley
1 c. crumbs	Salt

Chop the carrots or put them through food-chopper, using the coarse knife. Add other ingredients and form in a loaf. Place in greased pan and bake one hour and a quarter in a moderate oven (350-400°F.)

Stuffed Beef or Calf's Heart  
(6 servings)

1 Heart (1 lb.)	1 t. salt
1/2 c. boiling water	1/8 t. pepper
3 c. bread stuffing	

Wash heart, remove fatty, gristly part and slit to open chambers. Salt, fill with stuffing and place in greased baking dish, arranging extra stuffing around heart. Cover bottom of pan with water, bake in moderate oven 40 minutes, Basting occasionally. If beef heart is used, it will require longer cooking.

Stuffing

6 slices bread, cubes	1/2 onion, diced
2 T. fat, melted	1 t. salt
1/8 t. pepper	

Mix bread, onion, fat, and seasonings together. Moisten with hot water.

Stuffed Cabbage  
(6 servings)

1 small head cabbage	1/2 c. uncooked oatmeal
1 lb. hamburger meat	1 onion, diced
1 can tomatoes	1 t. salt
1/3 t. pepper	

Wash cabbage; parboil until soft enough to handle (3 or 4 min.) Separate leaves. Mix meat, onion, crumbs or oatmeal, and seasonings. Shape into small cakes and roll in cabbage leaves. Place cabbage rolls close together in baking dish, pour tomatoes over them, and bake in a moderate oven about 30 minutes or simmer on top of stove.

Beet and Onion Ring Salad  
(1 serving)

1 T. vinegar	3 slices onion
3 slices beets	salt

Boil medium beet in salt water until tender, slice and place in vinegar with 3 onion slices. Dilute vinegar with cooking water.

Beet and Sauerkraut Salad  
(1 serving)

1 small beet	1/4 c. sauerkraut
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Cook beet, cube, mix with sauerkraut, and chill. Season.

Cabbage and Carrot Salad  
(6 servings)

2 c. shredded cabbage	1 c. chopped carrots
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Mix cabbage and carrots and moisten with salad dressing--evaporated milk dressing.

Cabbage, Carrot, and Raisin Salad

Mix chopped cabbage, and chopped carrots in proportion desired and moisten with salad dressing. Sprinkle a few raisins on top.

Cole Slaw with Evaporated Milk Dressing  
(6 servings)

2 c. fresh tender cabbage.

Shred fine with a sharp knife. Serve with evaporated milk dressing made as follows:

1/2 c. sugar	1/2 c. evaporated milk
1/3 c. vinegar	1/2 t. salt

Dissolve sugar in vinegar and stir until sugar is dissolved. Beat in milk until mixture thickens. Blend with cabbage, using a fork.



### Potato Salad

Cook potatoes in boiling, salted water until tender; cool. Dice potatoes and add salt and diced onion, if desired. Moisten with salad dressing and garnish with chopped parsley (leave out and use chopped carrot top). About 2 1/2 cups diced potatoes will make 5 servings.

### Prune and Carrot Salad (1 serving)

1/3 c. carrots, shredded

1/6 c. prunes, chopped

Mix shredded carrots and chopped prunes. May be served with or without dressing.

### Turnip and Onion Salad (3 servings)

Use 2 turnips and 2 onions with 1/4 c. vinegar and a little salt. Save a few turnip greens for garnish.

## SANDWICHES

### Baked Bean Sandwich

Mash baked beans until very fine (1/4 c.). Add 1 t. grated onion, and sufficient milk to moisten.

### Peanut Bean Sandwich (makes 4)

2 c. baked beans

3/4 c. peanut butter

1/2 c. evaporated milk

1/2 c. chopped sweet pickle

1/2 t. salt

1/8 t. pepper

Drain and mash beans. Blend with peanut butter and milk. Add pickles, salt, and pepper.

### Peanut Butter and Onion Sandwiches (makes 1)

1/12 c. peanut butter

1/6 onion, sliced

1 t. margarine

Beat peanut butter. Add butter and spread sandwiches. Put a layer of onions over mixture on bread.

Peanut Butter-Bacon Sandwich Spread  
(makes 4)

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1/2 c. peanut butter	4 strips crisply fried bacon
2 T. mayonnaise (or other dressing)	(salt pork)

Combine peanut butter and finely broken bacon. Moisten with mayonnaise.

SAUCES AND SOUPS

Mustard Sauce

2 T. fat	1/4 t. salt
2 T. flour	1 c. water
1 t. mustard	1 t. vinegar
1/2 t. paprika	

Mix flour, mustard, paprika, and salt thoroughly. Prepare sauce of fat, dry ingredients, and water as for white sauce. Add vinegar when thoroughly cooked.

Peanut Butter Soup  
(4 servings)

1/3 c. peanut butter	4 T. flour
4 c. milk	2 T. fat
1/2 t. salt	1/2 t. scraped onion

Mix peanut butter to smooth paste with 1/2 c. milk. Make white sauce with remaining ingredients; stir in peanut butter mixture and cook a few minutes longer.

Potato and Onion Soup  
(6 servings)

2 c. diced raw potatoes	1 qt. water
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Cook and put through sieve. Save liquor.

3 T. fat	3 T. flour
2 large onions	

Cook onions in fat, blend in flour.

1 1/2 t. salt	Pepper
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Add onion mixture to potatoes and potato liquor. Season.



Tomato Sauce  
(6 servings)

2 c. canned tomatoes	1/4 c. flour
3 T. margarine	1/2 t. salt

Add tomatoes to mixture of butter and flour. Cook, stirring constantly until thick. Add salt.

Vanilla Sauce  
(6 servings)

1/2 c. evaporated milk	2 T. sugar
1/2 c. water	1 egg
1 T. flour	1/4 t. vanilla
1/8 t. salt	

Mix and scald 2/3 of milk and water in a double boiler. Combine dry ingredients, add cold milk mixture, and add to scalded milk mixture. Cook, stirring constantly until mixture thickens. Beat egg and add some of the hot mixture, return to double boiler, and cook 2 minutes. Remove from fire, add vanilla, and cool.

VEGETABLES

Creamed Onions  
(1 serving)

1 t. flour	1/2 t. margarine
1/4 c. milk	salt
1 medium onion	

Boil onion. Make white sauce. Add. Heat together.

Escalloped Potatoes and Onion  
(1 serving)

1/2 t. flour	2 onion slices
1/6 c. milk	1 T. lard
1 small potato	salt
	crumbs

Boil the potato and onion until almost done. Make a white sauce of flour, lard, and milk. Alternate layers of sliced onions and potatoes and white sauce in baking dish. Cover with bread crumbs. Bake in moderate oven until crumbs are brown.

French Fried Onions  
(1 serving)

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2/3 onion	1/6 c. milk
1/6 c. water	

Cut crosswise in 1/4 in. slices. Combine milk and water. Soak onions in this for 1/2 hour. Drain onions. Spread on absorbent paper and dredge them with flour. Season them and fry until they are light brown in deep fat heated from 350 to 370° F.

Glazed Onions  
(1 serving)

1 small onion	1 t. sugar
1 t. melted margarine	

Prick through center of onions, place in small quantity of boiling salted water. Cook until nearly tender. Dry on cloth. Melt fat. Add sugar and cook for 1 minute. Add onions and move them about until they are coated. Cook them for about 15 minutes.

Harvard Beets  
( 4 servings)

2 c. diced, cooked beets	1 1/2 T. sugar
2 T. margarine	1/4 c. milk vinegar
1 T. flour	1/8 c. water
	1/4 t. salt

Melt butter, add flour, salt, sugar, and stir until smooth. Add vinegar and water gradually. Cook until thickened, stirring constantly. Add beets, and let stand in a warm place until sauce becomes a rich red.

Mashed Potatoes and Turnips  
(6 servings)

2 large potatoes	1 1/2 t. salt
2 large turnips	1/4 t. pepper
4 T. butter (margarine)	1/4 c. cold water
2 T. enriched flour	

Cook potatoes and turnips with 1 t. salt until done. Drain and save water. Mash vegetables. Heat butter or margarine blend in flour, 1/2 t. salt and the pepper, add the water slowly, stirring constantly. Cook until thick and smooth. Add turnips and potatoes. Beat until light and fluffy, and serve immediately.

Variation:

Sweet potatoes and turnips  
Irish potatoes and Rutabagas.

Potato Puffs  
(6 servings)

1/2 c. sifted flour	1 c. mashed potatoes
1 1/2 t. baking powder	1/4 t. salt

Sift flour once, measure, add baking powder, and salt, and sift again. Combine potatoes and flour. Drop by teaspoons into deep fat (390°F.) and fry until golden brown.

Scalloped Potatoes  
(6 servings)

2 qt. sliced potatoes	8 T. flour
2 T. to 4 T. margarine	2 1/2 t. salt
2 1/2 c. milk	Dash of pepper

Grease a casserole with a bit of the margarine. Arrange the potatoes in 3 or 4 layers in the casserole. Sprinkle each layer with salt, pepper (if used) and flour. Dot with margarine. Pour milk down one side of dish. Cook in a slow oven (250° to 275°F.) till potatoes are tender, 1 to 2 hours.

Sweet Potato Puff

5 medium sweet potatoes	1/4 c. milk
2 T. margarine	2 medium apples
1 t. salt	

Wash and boil potatoes until tender. Remove skins and mash. Add butter, salt, milk, and beat until light and fluffy. Remove core from apples and cut in circles 1/2 inches thick. Place in greased baking dish, pile potatoes in mounds on apples, and bake in a moderate oven until potatoes are brown and apples tender, (about 30 minutes). If apples are not available, prepare without them.

Sweet Potato-Raisin Casserole  
(6 servings)

2 c. mashed sweet potatoes	1 1/2 c. cooked raisins
1/2 t. salt	1/4 c. milk
5 T. sugar	1 T. margarine
1 t. cinnamon	

Bake or boil in skins enough sweet potatoes to make 2 cupsful when mashed. Mix salt, sugar, and cinnamon. Stir them, the milk and margarine into mashed potatoes and put into a greased casserole. Make alternate layers of potatoes and raisins having potatoes on top and bottom. Bake in moderate oven (350°F.) for 30 minutes. Remove lid last 10 minutes of cooking.

